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(#1) Is Golden Rice really less healthy than non-GMO food?

**Golden Rice: Healthy food than non-GMO**

Golden Rice is worthy as gold. Golden Rice was developed in the late 1990s by German plant scientists Ingo Potrykus and Peter Beyer to combat vitamin-A deficiency, the leading cause of childhood blindness (Eric). This raised expectations that it would be of great help to those who did not properly take nutrition. Golden rice will keep the human body clean, save the lives of children in Southeast Asia and Africa, and provide an efficient source of nutrition for the people who eat rice as main. Of course, not all groups agree with the effectiveness and efficiency of golden rice. Let's look at the effects of golden rice on humans.

Golden rice is a grain produced by genetic modification. This eliminates harmful substances in the body and makes it easier to take vitamin-A. Golden rice is modified with the beta-carotene gene that produces the golden color of peppers. It disables the body's toxic substances, carcinogens and prevents the cell from damage. In addition, B-carotene which is known as a precursor of vitamin-A makes it easier to supply nutrients. Golden rice has 23 times more B-carotene than normal rice. In other words, it is much easier to obtain more nutrients than non-GMO rice. As such, golden rice will help eliminate harmful substances and balance our bodies.

Vitamin-A deficiency is the leading cause of preventable childhood blindness and increases the risk of death from common childhood illnesses (“Vitamin A Deficiency in Children”). So, golden rice will reduce child blindness and provide enough vitamins for those who cannot easily obtain other non-GMO foods. Vitamin-A is deeply related to the human eye and skin. Most patients are children under the age of five in Southeast Asia and Africa and they won’t survive long if they lose their eyes. As vitamin-A is an important nutrient for humans, golden rice is an essential food for children to maintain their health. In addition, golden rice is a must-have GMO food for children who are difficult to obtain other food. People in developed countries can take vitamin-A through various foods. However, people in undeveloped countries can’t help eating only rice. So, golden rice is necessary for the supply of vitamin-A. In conclusion, golden rice, which contains a lot of vitamins, is an essential food to keep children’s eyes and healthy.

Rice is the main source of nutrition in most undeveloped countries. In other words, golden rice is an efficient food for them and can be used for a long time with only one supply. Vitamin-A is usually taken from animal foods such as fish, eggs, and plant foods such as tomatoes and spinach. As they are not enough to get nutrients from other food, golden rice must be a good supplement for them. Time magazine cover back in 2000, Golden Rice was hailed as the “rice that could save millions.” (Supporting social movement struggles against free trade and investment agreements et al.) Also, they can reproduce golden rice if it was once used. Because they can get the seed from their golden rice continuously. It’s an efficient food from a long-term perspective. In summary, golden rice has a positive effect on providing vitamins and productivity.

Critics have countered that the rice is a "hoax," that it is "fool's gold" and "propaganda for the genetic engineering industry." Here, science writer Ed Regis argues that Golden Rice is the world's most controversial, maligned, and misunderstood GMO (Regis). Likewise, environmental groups claim that the golden rise only focuses on the result, regardless of engineering ethics and an economic efficiency problem. However, it’s not moral to compare children’s life with environmental issues. Although it costs a lot of money to succeed in their purpose of saving children’s lives, this effort will be evaluated beyond that cost. Therefore, many groups who disagree with golden rice are losing an important value of human beings and the purpose of starting this development.

Golden rice was developed when they had researched how to save children's lives who are lacked in vitamin-A. It makes our body more healthy with antioxidant reaction, gets lower children’s death rate in undeveloped countries and can be a perfect present for the people whose main food is rice. If golden rice is more commercialized than now, it will bring physical and productivity health than conventional non-GMO foods. Therefore, golden rice is a bio-friendly food than non-GMO.

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