Organic food, once considered something that only health fanatics desired, is now a regular feature at most supermarkets. And that has created a bit of a dilemma. On the one hand, you have a conventionally grown apple. On the other, you have one that’s organic. Both apples are firm, shiny and red. Both provide vitamins and fiber, and both are free of fat, sodium and cholesterol.   
 Conventionally grown food generally costs less, but is organic food a better choice? The advantages claimed for such foods over conventionally grown and sold food products are now being debated on a large scale. Supporters of organic foods ― a term whose meaning varies greatly ― are frequently telling the world that such products are safer and more nutritious than others.   
The growing interest of consumers in the safety and nutritional quality of daily foods is a welcome development. However, much of this interest has been aroused by sweeping claims that the conventional food supply is unsafe or inadequate in meeting nutritional needs.   
 Almost daily, the public is surrounded by claims for “no-aging” diets, new vitamins and other wonder foods. There are numerous unsubstantiated(没证实的) reports that natural vitamins are superior to man-made ones, that fertilized eggs are nutritionally superior to unfertilized eggs, that untreated grains are better than those treated with insect spray and the like.   
 Although most of these claims are not supported by scientific evidence, large amounts of written material about the benefits of organic foods makes it difficult for people to separate fact from fiction. As a result, claims that eating a diet consisting of organically grown foods prevents or cures disease or provides other benefits to health have become widely advertised and form the basis for people’s opinion.   
 One thing that most organically grown food products seem to have in common is that they cost more than conventionally grown foods. But in many cases consumers are misled if they believe organic foods can maintain health and provide better nutritional quality than conventionally grown foods. So there is real cause for concern if consumers, particularly those with limited incomes, distrust the conventional food supply and buy only expensive organic foods instead.  
1.    According to Paragraph 2, which of the following statements about organic food is true?  
 A. It hasn’t been used until recent years. B. It has no agreed definition  
 C. It is popular among producers.       D. It is accepted by most nutritionists.  
2.    In Paragraph 4, treated grains are examples of \_\_\_\_\_\_\_\_.   
 A. healthier food                          B. organic food                
 C. conventionally grown food                D. expensive food              
3.    It can be inferred from the passage that \_\_\_\_\_\_\_\_.  
 A. most doctors believe organic foods prevent disease or provide other benefits to health  
 B. organic foods are actually less nutritious than conventionally grown foods  
 C. people cannot separate fact from fiction because of the TV advertisements   
 D. organic foods cost more but are not necessarily better than conventionally grown foods  
4.    According to the passage, many consumers are attracted by organic foods because they   \_\_\_\_\_.  
 A. want to try something new     B. have carefully researched the products  
 C. value food safety and nutrition       D. expect to save some money   
5.    What is the author’s attitude towards the claims of organic foods?  
 A. Doubtful.     B. Enthusiastic.      C. Supportive. D. Uninterested.

6. Which one do you prefer, organic food or conventionally grown food? Why?

俊是一名**越南**的农民，几**十年**来，他都一直在**努力使**家人**摆脱**饥饿。然而，如何**扩大**他的**农作物产量**这一问题却一直在**困扰**着他。这个**恼人的**问题**导致**了他**后悔**当一名农民，而**宁愿**自己当初选择其它的工作。

一天，俊在**浏览**报纸的时候，读到一篇关于袁隆平的**评论**。他在袁的**国籍**和**职业下面划了线**，然后将**焦点集中在**他的**发现**和研究**数据**上。他发现袁**传播**的知识非常实用，**因此**，他做了**摘要**，并开始**建立**一种新的耕作方式。他种植**营养**丰富的**超级谷物**，**添置设备**以使作物的**根部**免受**细菌害虫**的伤害；他还增加**土壤**所含的**矿物质**，同时**减少化学肥料**的使用。尽管耗费了他更多的时间和**自由**，他却充满着希望。

第二年，俊被**晒黑**了，但是却对自己的**生产**非常**满意**。**多亏了**袁隆平，他不仅赢得了对抗饥饿的**战斗**，而且还将自己的作物**出口**到国外呢。

Tuan was a farmer in **Vietnam**. For **decade**s, he had been **struggling** to **rid** his family of **hunger**. However, it always **confuse**d him how to **expand** the **output** of his **crop**s. This **disturbing** problem **led to** his **regret**ting being a farmer. He **would rather** have chosen another job.

One day, when **skim**ming through a newspaper, Tuan read a **comment** on Yuan Longpin. He **underline**d Yuan’s **nationality** and **occupation**, and then **focus**ed **on** his **discovery** and the **statistic**s of his research. He found the knowledge Yuan **circulate**d very practical. **Therefore**, he made a **summary** and began to **build up** a new farming method. He planted **super grain** of rich **nutrition** and **equip**ped himself to keep his crops **root**s free from **bacteria** and **pest**s. He also enriched **mineral**s in the **soil** while **reducing chemical fertilizer**s. Though it cost him more time and **freedom**, he was full of hope.

The next year, Tuan was **sunburnt** but **satisfied with** his **production** very much. **Thanks to** Yuan Longpin, he not only won the **battle** against hunger, but he could also **export** his crops abroad.