

5강. Organic food

▶ Script

The purpose of our study was to answer the question: what are the health benefits and harms of organic foods? There are many reasons why people choose to buy organic foods. If they are making the decision based on the health benefits, there is no strong evidence that that is true. But that doesn't mean that they might not choose to buy organic foods for other reasons. Some might choose organic because of concerns about the environment. Others might choose organic produce because of the way that animals are cared for. We found 30% lower risk of contamination with pesticides in organic produce compared to conventional fruits and vegetables. However, we found no differences in bacterial contamination between organic and conventional foods.

▶ Translation

우리 연구의 목적은 다음 질문에 답을 하는 것이었습니다. 유기농 식품의 건강상 장단점은 무엇인가? 사람들이 유기농 식품을 구입하는 많은 이유들이 있습니다. 만약 그들이 건강상 장점에 바탕을 두고 유기농 식품을 고르는 결정을 한다면 유기농 식품이 건강에 좋다는 확실한 증거는 없습니다. 그러나 그렇다고 사람들이 다른 이유로 유기농 식품을 고르지 않는다는 것은 아닙니다. 일부는 환경에 대한 우려 때문에 유기농 식품을 고를지도 모르고 다른 사람들은 동물이 돌봐지는 방식 때문에 유기농 농산물을 고를지도 모릅니다. 우리는 기존 과일과 채소에 비교해서 유기농 식품에서 농약 오염 위험이 30% 더 낮은 것을 발견했습니다. 그러나 유기농과 기존 식품 사이에 박테리아 감염에 있어서는 차이를 발견하지 못했습니다.

▶ Vocabulary

- purpose 목적
- benefit 혜택들
- organic 유기농의
- decision 결정
- evidence 증거
- concern 우려
- care for ~를 보살피다
- contamination 오염
- difference 차이점
- conventional 틀에 박힌, 관습적인

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▶ Script 2 (연음, 강세표기)

The PURPOSE of our STUDY was to ANSWER the QUESTION: WHAT are(WA-RA) the HEALTH BENEFITS and HARMS of orGAnic FOODS? There are MANY reasons why people CHOOSE to buy ORGANIC FOODS. If they are MAKING the DECISION based on(DON) the HEALTH benefits, there is NO STRONG EVIDENCE THAT that is(RIS) true. But that DOESN'T mean that they might NOT CHOOSE to buy orGAnic FOODS FOR other REASONS. SOME might choose orGAnic because of(SOV) conCERNs about the ENVIRONMENT. OTHERS might CHOOSE orGAnic PROduce BECAUSE of(SOV) the WAY that ANIMALS are(SAR) CARED FOR. We found 30% LOWER risk of contamiNATION with PESTICIDES in orGAnic PROduce COMpare (d) to conVENTional FRUITS and VEGETABLES. However, we foun(d) NO differences in bacTERial contamination between ORGANIC and CONVENTIONAL foods.