

# Lack of Awareness about Organic Food in D. El. Ed. Trainees of Diet Hardoi

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## ABSTRACT

Organic farming is the production of food without the use of synthetic chemicals or genetically modified components. Organic foods are not necessarily completely chemical free, but the pesticide residues will be considerably lower than those found in produce manufactured with synthetic chemicals. When selecting organic foods, choose those labelled 'certified organic' by one of the Department of Agriculture, Fisheries and Forestry accredited certifying organizations. Organic farming is better for the environment and more sustainable.

**Key Words :** Knowledge, Impact of organic food, Health issues

## INTRODUCTION

First of all, I want to ask you what is an organic diet? The organic diet is called which is grown without using any chemicals such as pesticides, fertilizers and insecticides. It is called organic food. Organic food is grown naturally so it is beneficial. Because no pesticide is used in it, its use produces antioxidants in the body which protects against many diseases and keep the body healthy. So we have to understand organic food. That's how good what we're consuming is for us. Antibiotics, synthetic growth promoters, hormones for heat induction, and genetically engineered vaccines to increase the yield are prohibited [1, 2]. On the other hand, organic foods are prepared, processed, and preserved in natural environment [3].

India's primary organic produce include cereals, pulses, oil seeds, spices, fruits and vegetables, nuts and dry fruits, sugar, honey, milk and milk products, poultry, and other animal products [4, 5].

Today, green vegetables, fruits and dairy products are in the, there is a lot of adulteration. Just like there is a difference in the size and colour of green vegetables and fruits. It is a pesticide to increase their colour and size and for a long time. Preservatives are used to keep

up that adversely affects our health but we all feel, we're eating good food. This research is being done to explain this.

### Objective:

1. To study the socio-economic status of selected D.El.Ed. trainees .
2. To study of awareness about organic food.
3. To identify advantage and disadvantage of organic food.
4. To identify alternative solution inorganic food.

## METHODOLOGY

The study was conducted in diet Hardoi on D.El.Ed trainees. Which 100 trainees were randomly selected for study purpose. 100 students (both male and female ) were trainees selected from each class to get a total of 100 student as the total sample size for the study purpose.

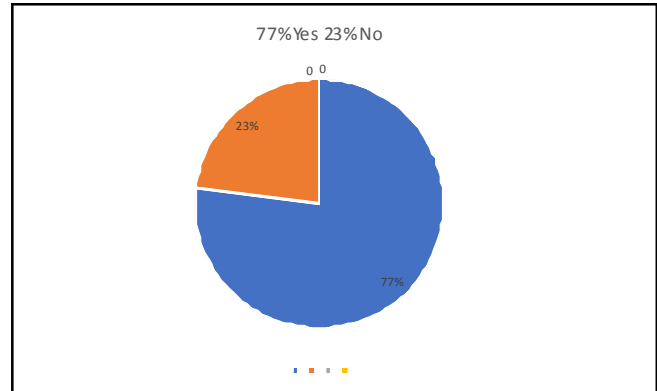
## RESULTS AND DISCUSSION

Collecting the response of the trainees and analysing it according to each hypothesis, it was found that in the context of the first hypothesis. I found that 65% of the trainees were not able to differentiate between organic

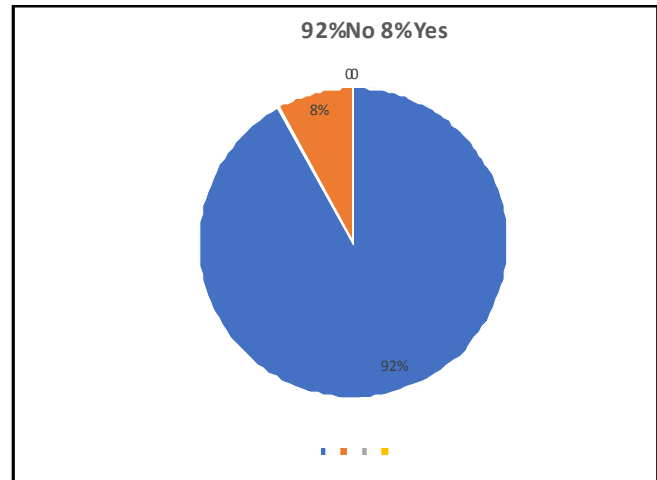
and inorganic food, and at the same time, 92% of the trainees reported that organic food was not easily available in the market. At the same time, 77% of the trainees were those who were not able to buy organic food. His economic condition is not such that he can buy organic food. 58% of the trainees do not know what are the benefits of organic diet. so that they can include organic food in their food. 90% were trainees who were having trouble recognizing organic food.

I asked trainees to explain the difference between organic and nonorganic. For days long workshop was held through which the trainees easily placed organic food and the organic food. Such as differences in the size of organic food, organic food is small in size, and Natural colour is not very bright colour. It has a natural taste; it is not very sweet and available only at the time of season, while organic foods are available at some time It would also have been available in the weather and its size is larger than normal. It's crackling. You can keep it for a long time. Because it used different types of chemicals and preservatives it goes. That's why it's called non-organic food. And by consuming nonorganic food, many types of diseases are faced. Have to be done such as

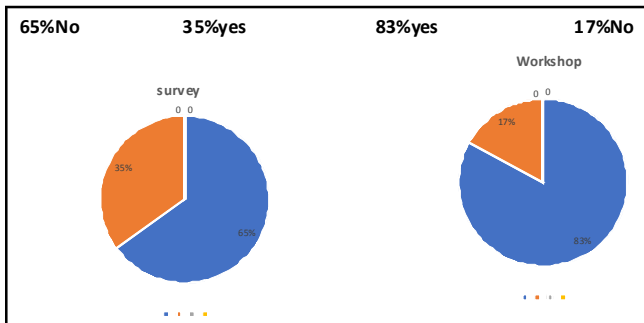
increased blood pressure, obesity, fatigue, diabetes and cancer etc. (Fig. 1, 2, 3 and 4).



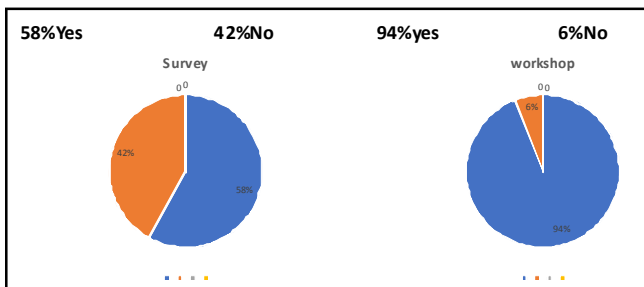
**Fig. 3 : Distribution of trainees according to more expensive of organic foods**



**Fig. 4 : Distribution of trainees according to organic foods are available in market**



**Fig. 1 : Distribution of trainees according to difference between organic food and inorganic food**



**Fig. 2 : Distribution of trainees according to knowledge of benefit**

**Conclusion:**

When the trainees were made to observe the organic food through the workshop, it was found that they were recognizing organic food as well as understand their benefits that what they are eating is not completely organic. They don't understand the difference between organic and inorganic, despite only having money. Due to which many types of health related problems are being faced. Therefore, organic food should be increased. And its yield should be increased as well as it should be made cheaper. So that it will be easily available to all people. when people consume the organic food they will develop immune system and save from many type of disease.

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