

GENETIC ENGINEERING AND YOUR CHILD

Genetic engineering is a form of biotechnology that allows scientists to move genes between different species



The dangers include a potentially increased level of pesticide on our foods, as well as the introduction of unfamiliar proteins, toxins, or allergens

At this stage, the only Genetically Engineered crops grown in Australia are canola and cotton. While Genetically Modified produce is not available in Australia, many processed foods are affected



This can affect cotton seed oil, stock feed, margerine, tinned foods & dairy blends

Australian food standards also allows manufacturers to use imported Genetically Modified products. These can include:



SOYBEANS



CORN



POTATOES



RICE



SUGARBEET

For more information & tips on how to avoid GE foods, go to www.freshrevolution.com.au

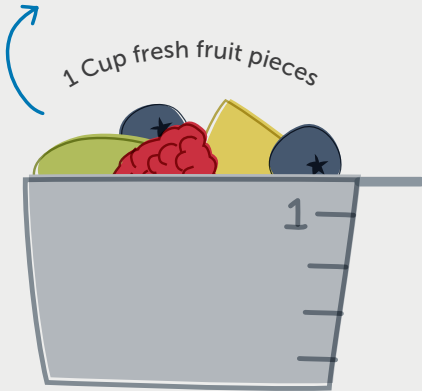
Fresh Revolution

FRESH RECIPE

Frozen Fruit Skewers

WITH HONEY YOGHURT SAUCE

4 bamboo skewers



Raspberries & grapes



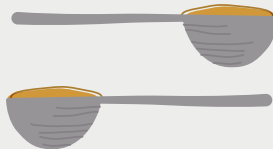
Pineapple chunks & blueberries

Freeze the fruit skewers in an airtight container or a zip-lock bag for at least 5 hours, until frozen solid



1/4 Cup plain yoghurt

2 Teaspoons honey



Mix together yoghurt & honey.

Serve with the frozen skewers for dipping

Enjoy!

AUTUMN

CARROTS ARE AVAILABLE ALL YEAR ROUND,
BUT THEY ARE BEST FROM MARCH TO AUGUST

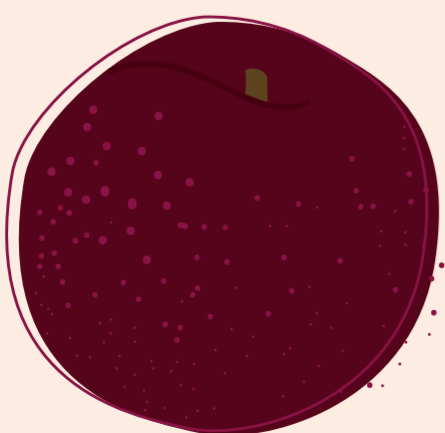


carrots

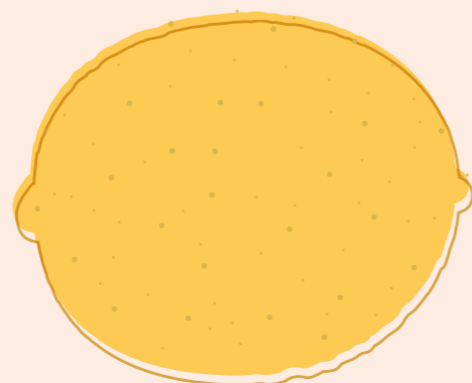
DID YOU KNOW?

Carrots are one of the earliest vegetables grown by man!

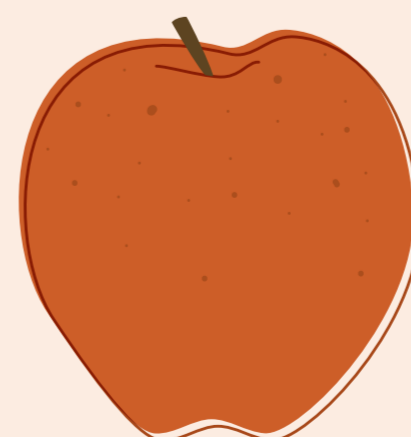
SOME MORE FRESH AUTUMN FOODS



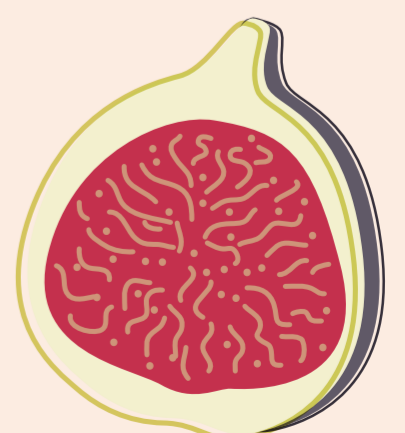
PLUMS



LEMONS



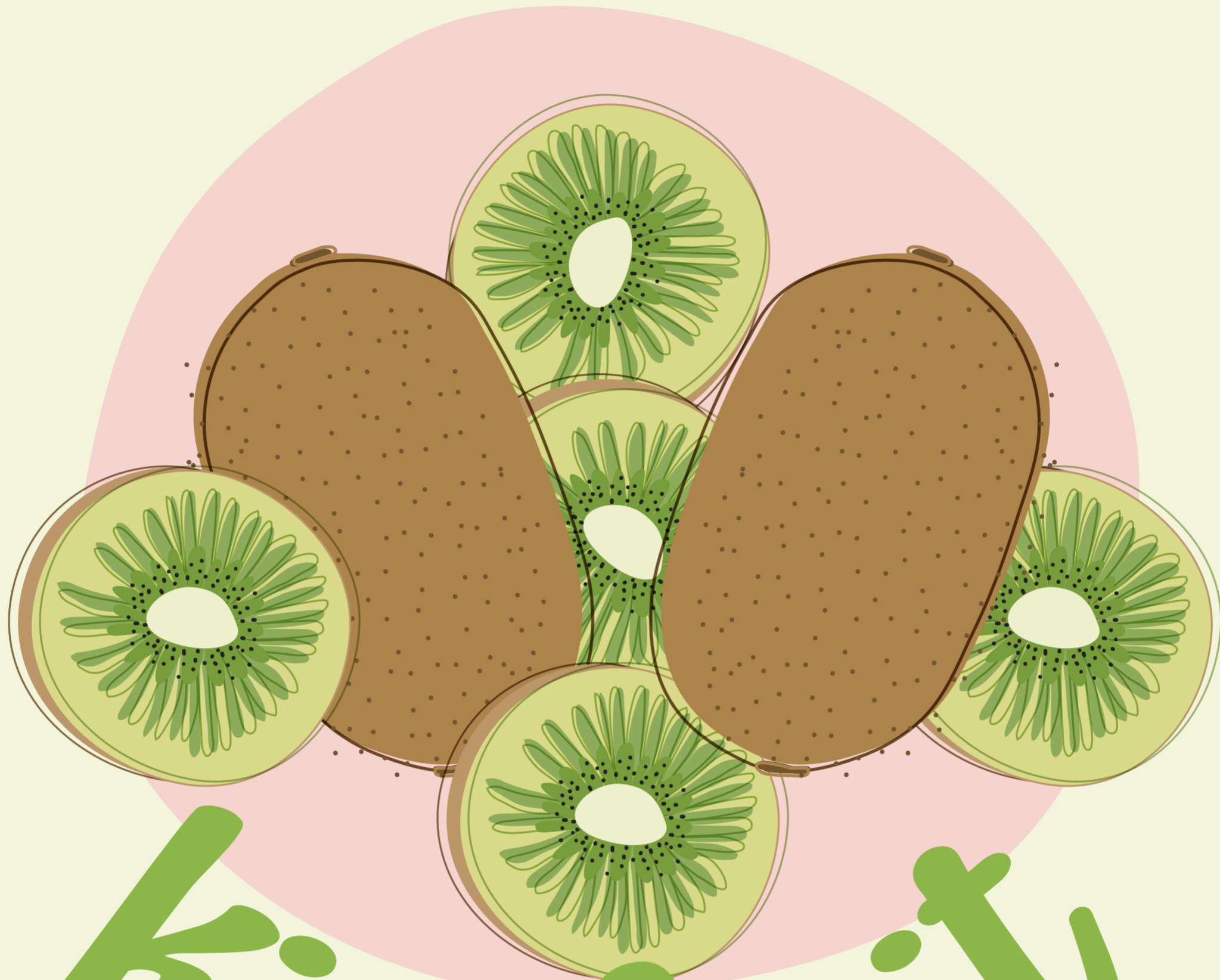
APPLES



FIGS

WINTER

KIWIFRUIT IS BEST BETWEEN MARCH & JUNE, ALTHOUGH THEY ARE IMPORTED FROM NEW ZEALAND AS WELL

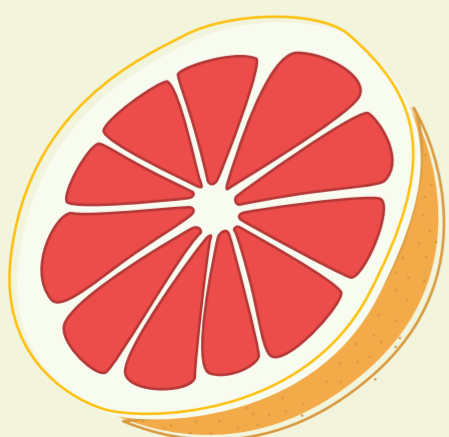


Kiwifruit

DID YOU KNOW?

Kiwifruit was first discovered growing in China, over 700 years ago!

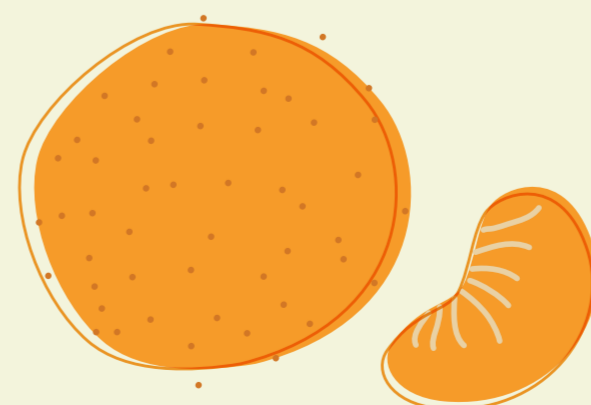
SOME MORE FRESH WINTER FOODS



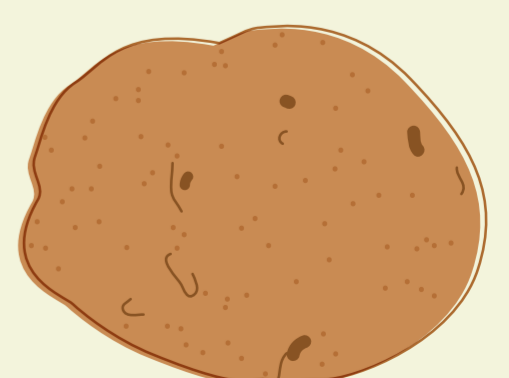
GRAPEFRUIT



SPINACH



MANDARINS



POTATOES

SPRING

BEETROOT IS AVAILABLE FOR MOST OF THE YEAR,
BUT IS BEST BETWEEN SEPTEMBER AND NOVEMBER



beetroot

DID YOU KNOW?

You can eat both the leaves and the root of a beetroot

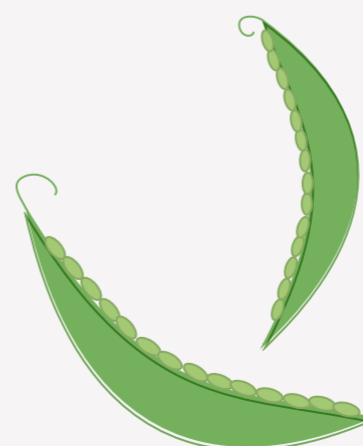
SOME MORE FRESH SPRING FOODS



ORANGES



ARTICHOKES



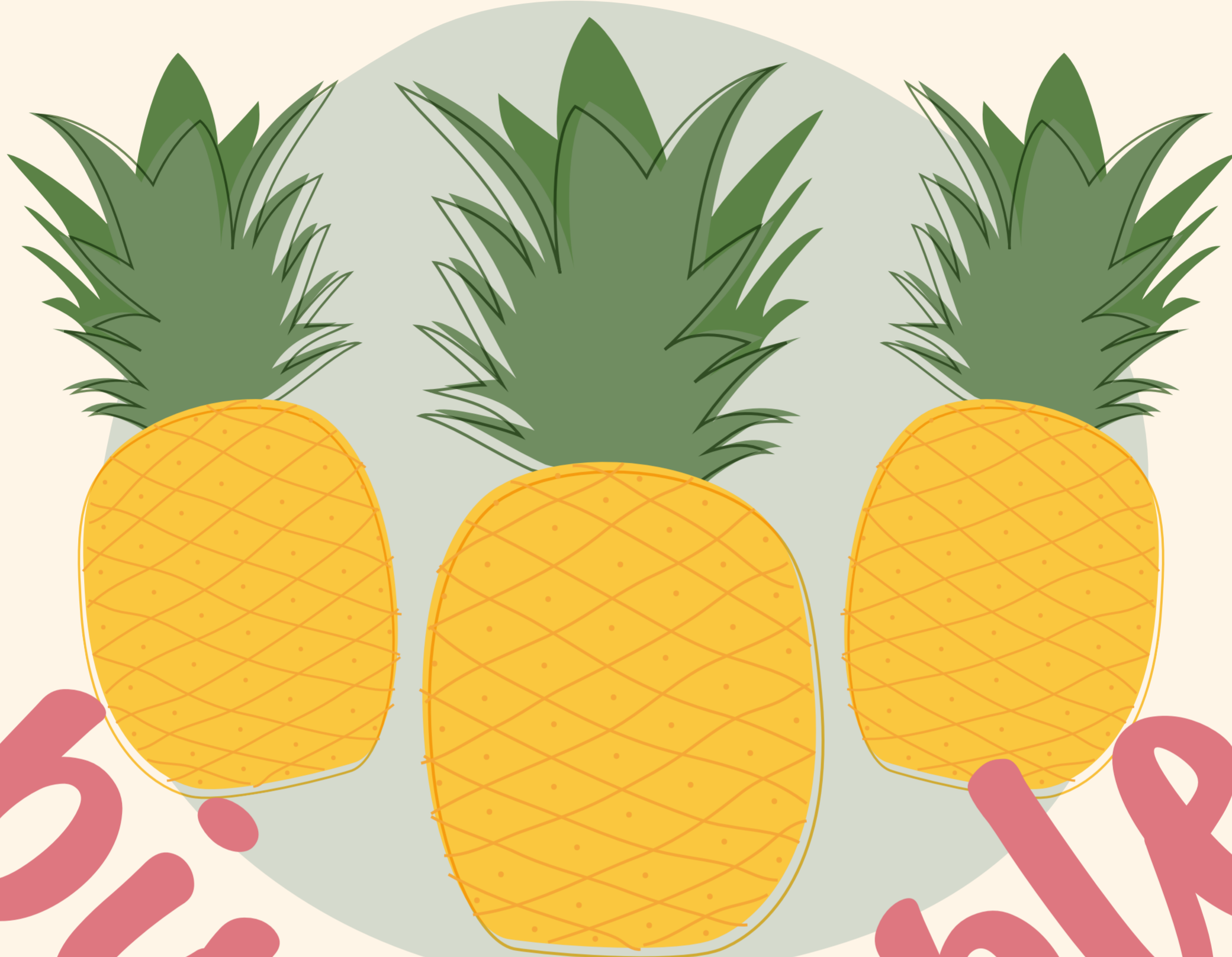
PEAS



EGGPLANT

SUMMER

PINEAPPLES ARE GENERALLY AVAILABLE ALL YEAR ROUND,
BUT THEY ARE BEST VALUE BETWEEN NOVEMBER & FEBRUARY

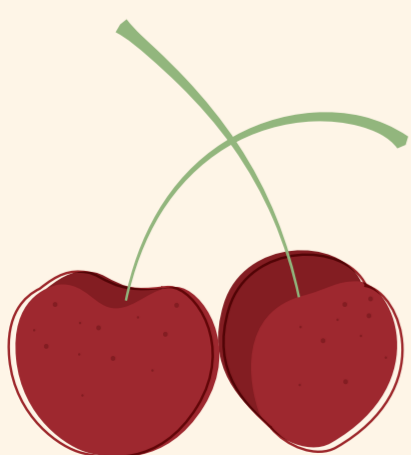


pineapple

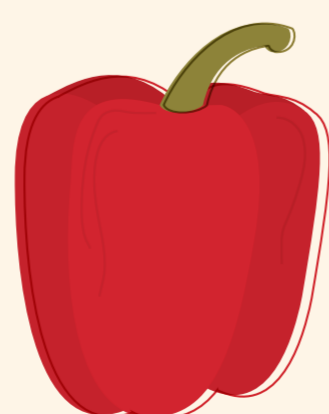
DID YOU KNOW?

Pineapples were named as such because an explorer
thought they looked like a pine cone

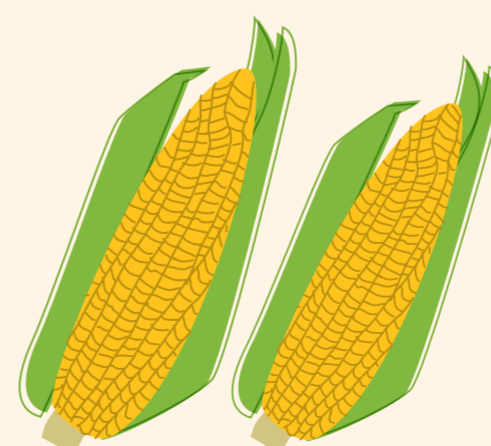
SOME MORE FRESH SUMMER FOODS



CHERRIES



CAPSICUM

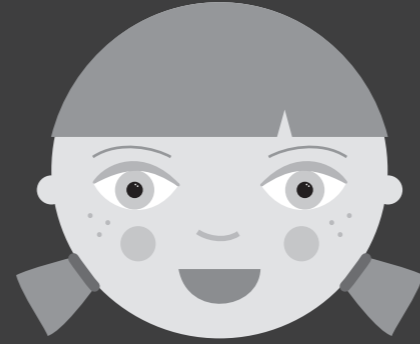


SWEETCORN



STRAWBERRIES

KIDS



ENTER

PARENTS

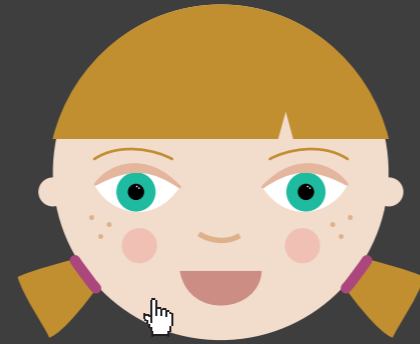


ENTER

Fresh Revolution



KIDS



ENTER

PARENTS



ENTER

Fresh Revolution






KIDS



ENTER

PARENTS



ENTER

Fresh Revolution



WHAT IS GENETIC ENGINEERING?

GE^{OR} GM

Referred to as either Genetic Engineering (GE) or Genetic Modification (GM), it is a form of biotechnology that allows scientists to move genes between different species. The results of Genetic Engineering are usually referred to as Genetically Modified Organisms (GMO).

Genetic Engineering is primarily used to create two kinds of crops; those that are manipulated to resist weeds, or those that are designed for the crop itself to emit an insecticide. Genetic Engineering is an extremely unnatural process, and its primary aim is to gain profit.



90% of genetically engineered crops are owned by Monsanto, which has created a monopoly in the agriculture industry. Independent farmers are forced to rely on corporate giants, and in the process are losing control of their crops. Once outside the laboratory, GE crops are unable to be controlled and may spread to neighbouring fields.

There are currently no long-term studies that have been conducted in regards to the effects of Genetic Engineering on humans and animals. Therefore the question remains; how do we know it is a safe practice?



The answer is, we don't.





WHAT ARE THE DANGERS OF GENETIC ENGINEERING?



Because there are no long-term studies investigating the effects of Genetically Modified Organisms on human or animal bodies, the health effects are still widely unknown. However, there are many ethical and health concerns which have been raised by various organisations.



— Potential for increased levels of pesticide in our food

— Introduction of unfamiliar proteins, toxins or allergens



— The use of antibiotic resistant genes in Genetically Engineered plants

— Unfair practices in the agribusiness industry ultimately leading to the eradication of the independent farmer

While the Genetic Engineering companies insist that Genetic Modification of crops leads to higher crop yields, this is in fact false. It is propaganda used in to aid the greed of the corporations.





PROTECTING YOUR CHILD AGAINST GENETICALLY MODIFIED FOODS

Being aware is the first step to protecting your child against the dangers of Genetically Modified foods. These are some simple steps to follow.

FRESH IS BEST

Provide more fresh foods and less processed ones. Currently in Australia there are restrictions on Genetically Modified produce.

PRODUCT OF AUSTRALIA

'Product of Australia' means that the ingredients are of complete Australian origin. It also supports Australian agriculture

ORGANIC

Other than fruit and vegetables, buy certified organic or biodynamic foods wherever possible.

CONSUME LOCALLY

Farmer's markets are a great way to obtain the freshest local produce, as well as involving your child in this fun activity.

READ THE LABELS

Australian law requires that any consumables containing GMO must be labelled with the words 'Genetically Modified'

BUY ORGANIC CHICKEN

Non-organic chicken farmed in Australia is generally fed Genetically Modified soy feed.

GROW YOUR OWN

Children are generally more interested in fresh food that they have watched and helped grow. Herbs are a great project to start with.

BUY SEASONAL PRODUCTS

Produce that is in season will not only be better value, but it is less likely to have been exposed to preserving chemicals.

***TIP** Children may need to try new fruit and vegetables up to 10 times before they will accept them





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[ACTIVITIES](#)

[LINKS](#)

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SEASONAL RECIPES

SUMMER

[breakfast](#)
lunch
dinner
snacks

WINTER

breakfast
lunch
dinner
snacks

AUTUMN

breakfast
lunch
dinner
snacks

SPRING

breakfast
lunch
dinner
snacks





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LINKS & FURTHER READING

GREENPEACE

Both global and Australian specific up to date information on Genetic Engineering

TRUE FOOD GUIDE

Shopping list for GM free food and beverages

FOOD STANDARDS AUSTRALIA NEW ZEALAND

Governmental regulations of Genetically Modified Organisms

SBS: GM FOODS IN AUSTRALIA

Find out which Genetically Modified foods are available in Australia and which GM crops can be grown

SEASONAL FOOD GUIDE AUSTRALIA

Guide to seasonal produce in Australia

FOOD DEMOCRACY NOW

American site focussing on all issues relating to food democracy





FUN FACTS

WHERE DOES FOOD COME FROM?

GROW YOUR OWN GARDEN

GAMES

FRUIT & VEG QUIZ

DID YOU KNOW?

Click on the pictures below to discover something new about fruit or vegetables.
(You can click the arrows to see more or go back a page)

Early Olympic athletes used figs as a training food



FIG



CAPSICUM





FRUIT & VEGGIE QUIZ

Take this quiz to find out just how much you know about fruit and vegetables. Select your answer by clicking on the boxes, press DONE when you're finished.

Q1. Is tomato a fruit or a vegetable?

fruit vegetable

Q2. Which part of a beetroot can you eat?

leaves root both

Q3. What is another name for capsicum?

cool chili bell pepper

Q4. Which vegetable is orange and very good for your eyesight?

sweet potato carrot pumpkin

DONE >





[FUN FACTS](#)

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[GAMES](#)

[FRUIT & VEG QUIZ](#)

CONGRATULATIONS!

You are an **expert** on fruit and vegetables

[CLICK HERE TO PRINT YOUR CERTIFICATE](#)

Fresh Revolution
AWARDS

MICHAEL SMITH

WITH THE TITLE OF

Fruit & Vegetable Expert

