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Nutrition Perspective: Food Evolution Food Evolution by Scott Hamilton Kennedy

My health research paper I decided to write about is the documentary Food Evolution by Scott Hamilton Kennedy. Hamilton Kennedy is the director of the film and per Wikipedia has no nutrition creditably just experience in films. I decided to view and write regarding Food Evolution because it's a problem/question we are currently dealing with. Prior to the film I knew what a GMO was, but I assumed it was bad for me, so anything that said no GMO on a label I assumed was a good thing. However, personally I never understood exactly why GMO is so called bad. The main theme of the documentary and question being is GMO food safe?

GMO food is genetically modified organisms. Scientists developed GMO food in order to make crops resistant and possibly add benefits such as vitamins. Farmers have always used selective breeding in regards to picking the best crop such as climate resistant, biggest, crop, or seed that produces the most. Scientists argue that GMO is no different than selective breeding it is just a modern scientific method. While watching the documentary the industry saved the Hawaiian rainbow papaya and took 7 years to develop. Once developed the seeds were given to farmers to grow for free and what they found is it was overall resistant. It was all aimed in preserving the fruit and basically have a resistant crop without the crop may have gone extinct.

On the other hand, people argue that such genetically modified foods can be hurting us. Jeffery Smith who spoke in the documentary during the Hawaii hearing for the ban of GMO foods stated throughout his speech that GMO food may or could cause you to get more colds or more receptive to Hepatitis or HIV. Jeffrey Smith speech all was may or could cause no actual facts. Adding, it seemed to be the main reason GMO was banned because it caused fear and emotion rather using logic. Continuing, when using my text book we need to eat fruit, vegetables, and whole grains and it does not matter if the food is GMO or not we will still get the same nutrients from the food and calories. We all want to put something in our body that is good for us not bad for us.

All creditable scientists for the most part have found nothing linking negativity with GMO foods are bad or have caused anything. GMO scientists have the same goal in food with people against GMO which is to grow crops that are resistant to climate change, to save crops, and use less harmful toxins. For example, the ready round up seeds had glycerin added, so when using round up pesticide it would allow to use a less toxic pesticide. In the textbook chapter 17 regarding pesticides it states, "Pesticides used in food production produce both beneficial and unwanted effects. Most health authorities believe that the benefits outweigh the risks." The use of pesticides is controversial, but when feeding the masses and keeping it free of unwanted pests to keep the food clean it is the best method.

Scientists are distrusted more than ever. Scientist can clearly tell you there is no proof and discredit any data, but the people no longer believe scientists because they believe have hidden corrupt motive. For instance, scientists backed cigarettes before stating they are safe and now cigarettes is proven to be linked to cancer. Based on history

scientists have approved something through corporate greed. We have the internet now and have access to information within seconds, but rather than conducting our own research we listen to people with profound and good speaking skills tell us what to think. It really is all about learning the science and gaining trust in a scientist who studied this their entire life.

Currently the population is 7.3 billion people and there is a majority of people who do not have enough food. A way scientists have found to combat this is genetically modified organism or GMO. It is being questioned whether it is safe to eat GMO food. As of now the population is steering clear of GMO food internationally. I always assumed not wanting GMO food is a first world problem to want everything organic and natural. Due to the overwhelming need for food and global warming there is need to produce the best resistant food. It's being questioned if we humans have the right to play god in a way. The best quote I heard throughout the film is GMO is, "misinformation originates in the rich world and damages the poor world". Continuing, per chapter 16 undernutrition at critical life stages we know how important it is to have food and get the basic nutrients daily. I believe people do not realize the need to actually have food and meet the daily requirements. It seems to be all misinformation spread and distrust in scientists and trust in people such as mothers whom do not know the actual science. What it comes down to is poorer nations need genetically modified food, so these nations do not starve.

What I learned after watching the documentary that GMO is a science and not a dangerous chemical which prior I believed. GMO is more of a tech breeding tool in order to create the best crops to combat climate change or resistance which is needed

throughout the world to avoid famine and diseased crops. There is a clear distrust in the scientists today and many people speaking out have no scientific proof, but act out in fear. However, it is clear both sides just want what's best and have the same goals in mind. What it really comes down to is GMO can save millions from starving. I feel GMO is a first world question that is delaying in helping the people who need it now. There may come a day where GMO maybe linked to something bad, but as of now there is now proof and we should progress rather than let fear stop us. For example, I work in the medical field and usually we give accurate information to patient not theories and on the side of science GMO foods seem like the best course of action. Overall, I feel informed and if I got to the store to get groceries for my family I would prefer to get good wholesome foods with essential nutrients rather than spending more money on GMO or organic food that have the same nutrition value.

### Work Cited

Kennedy, Scott, director. *Food Evolution*. *Watch Food Evolution Streaming Online | Hulu (Free Trial)*, [www.hulu.com/watch/93e62906-5b4e-4b76-a306-986d93a30145](http://www.hulu.com/watch/93e62906-5b4e-4b76-a306-986d93a30145).

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