

GMOs and Organics Kahoot! Quiz Answer Key

Sources: Food and Drug Administration

Mayo Clinic

Purdue University

University of Rochester Medical Center

1. In order to bear the organic label, organic produce cannot be subject to:
 - a. Synthetic pesticides
 - b. Genetic engineering
 - c. Irradiation
 - d. **All of the above**
2. Other than purchasing organic produce, pesticide residue can be reduced by:
 - a. Washing all fruits and vegetables
 - b. Peeling or trimming fruits and vegetables
 - c. Eating a wide variety of fruits and vegetables
 - d. **All of the above**
3. What portion of a food must be organic to be labeled “made with organic ingredients?”
 - a. **70% to 95%**
 - b. 25% to 70%
 - c. 10% to 25%
 - d. 0% to 10%

Foods with 95% or more organic ingredients can be called organic on the main label. Foods with less than 70% organic content can use the term “organic” only on the ingredient information panel.

4. Organic food is more nutritious than conventionally grown food.
 - a. True
 - b. **False**

The answer isn't yet clear. A recent study examined the past 50 years' worth of scientific articles about the nutrient content of organic and conventional foods. The researchers concluded that organically and conventionally produced foodstuffs are not significantly different in their nutrient content.

5. Which foods use GMOs to the largest extent in the foods' production?
 - a. **Cheese**
 - b. Vegetables
 - c. Meat
6. Of the food we eat, how much contains the genetic material DNA?
 - a. 0-30%
 - b. 31-60%
 - c. 61-90%
 - d. **91-100%**

All plant and animal cells contain DNA, so nearly all food contains genetic material regardless of whether the food has been genetically modified. There are a few exceptions, however. During the processing of some food products, such as vegetable cooking oils, nearly all of the DNA is removed.

7. Most foods derived from genetically modified crops contain:
 - a. The same number of genes as food produced from conventional crops.
 - b. The same number of genes as foods produced from hybrid crops.
 - c. **One or two additional genes.**
 - d. Hundreds of additional genes.

Genetically modified crops contain one or two additional genes than either conventional or hybrid crops.

8. Are foods made from genetically modified crops required to pass human testing?
 - a. Yes
 - b. **No**

There are currently no regulations that require human testing of genetically modified crops. Producers are required by the Food and Drug Administration to disclose where the genes come from and to disclose nutritional properties, but no human testing is required.

9. There is genetically modified food containing animal genes for sale in the U.S.
 - a. Yes
 - b. **No**

Scientists recently genetically engineered (GE) an Atlantic salmon that contains artificially inserted growth hormone genes from Chinook salmon and a genetic promoter from ocean pout (an eel-like fish) that make the salmon grow to market size faster. After an exhaustive and rigorous scientific review, FDA has arrived at the decision that AquAdvantage salmon is as safe to eat as any non-genetically engineered (GE) Atlantic salmon, and also as nutritious. The GE salmon will be produced in Canada and Panama, but as of January 2016, this salmon is not commercially available for sale.

10. Corn is the most genetically modified food on the market in the U.S.
 - a. **True**
 - b. False