Nowadays food travels thousands of miles before reaching consumers. It affects the agriculture and economy of the destination country, and for this reason people should prefer food produced by local farmers. Do you agree or disagree? Give reasons for your answers and include examples from your experience.

Due to the high pace of technological advancement, we are living in a high-tech era. To elaborate, facilitating transportation of foods, we are able to consume products from all over the world. Some researchers assume that people had better use regional food products rather than the ones which are transported from remote places. Some others, however, assert vice versa. I, personally, maintain that having locally produced items is of greater benefit.

First and foremost, that the process of cooking local dishes causes less carbon footprint is an undeniable fact. It means that~~,~~ they do not need to(add any additives to prolong~~ed~~ the longevity of the material or)use plastic bags for packaging them. In addition, not only are they significantly more nutritious, but also in some cases they include some ingredients with ~~pharmaceutical~~ therapeutic properties. <u>Further more</u>, by sending food products to a distant venue, we, in fact, transform an otherwise nourishing meal to a less healthy one.

On the other hand, opponents opine that transporting tasty produces ~~to~~ from remote places, individuals become capable of eating numerous eatable products which are ~~fail~~ impossible to grow in their environment, <u>hence the geographical situation</u>. What is more, the researchers in the food science have proved that the adverse effects of sending the agricultural products to different places have reduced to a minimum level recently.

By way of conclusion, I once again reaffirm my position regarding profits of having local foods, and I think we should focus on providing a situation which makes us able to plant the scarce produces in our own place.