**Los alimentos transgénicos**
Traduce al español.

GM foods are those which were produced through genetic engineering. A GM food is one that comes from an organism to which the genes of another have been added, with the aim of producing specific desired characteristics.

Human beings have been trying to improve their food sources for centuries. They used to achieve this improvement through artificial selection. Genetic engineering is just the latest way of achieving this improvement.

The benefits include an increase in productivity, thanks to an improved resistance to disease, as well as the introduction of new qualities. A positive consequence has been the reduction in the contamination of soil and water, as fewer pesticides are now required.

Some people are opposed to GM food. They have concerns about the food’s safety, the environmental impact, cultural changes and economic dependency. They blame the increase in allergies and the increased resistance to antibiotics on genetically engineered food.

In my view, as with all technological and scientific advances, we have to weigh up the advantages and disadvantages of each new process. I agree with the statement of the World Health Organisation, which asserts that the continuous use of risk assessments should form the basis of evaluating the safety of GM food.

Finally, I believe it is also very important that we consider how best to use the technology to solve real problems in the world. According to the Food and Agriculture Organisation (FAO) one person in seven does not have enough to eat, that’s one billion people in the world. If GM food can increase productivity in developing countries and reduce starvation, I believe that the advantages could outweigh the disadvantages.