

关注中国污染



Znečištění půdy

„You can see with your own eyes when the air is smoggy, or see when the color of a river is wrong, but for soil pollution you need special equipment to check the levels of various elements..“

Chen Nengchang

農藥上癮
大潤發去毒

GREENPEACE 綠島和平

CHEMICKÉ

POSTRIKY

HNOJENÍ

ZÁVADNOST
POTRAVIN

GREENPEACE



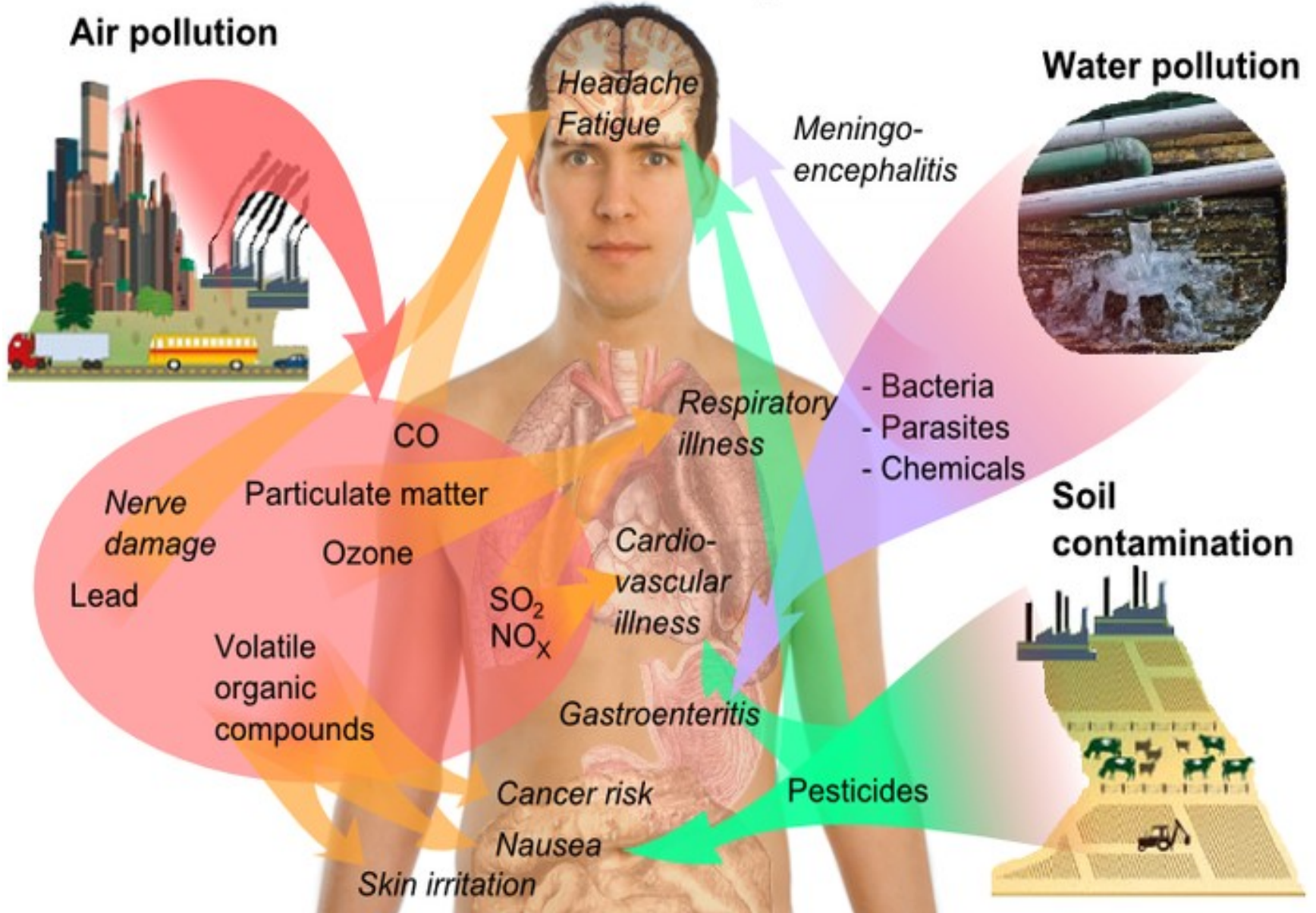
A person wearing a full white protective suit, a respirator mask covering their nose and mouth, and green gloves is using a spray wand to apply a substance to a field of green plants. The background shows a metal fence and a blurred field.

IF IT'S NOT SAFE TO
BREATHE.....

...is it safe to
EAT?

Rawforbeauty.com

Health effects of pollution





MINISTRY OF
ENVIRONMENTAL
PROTECTION

中华人民共和国环境保护部



C:100 M:0 Y:100 K:0

C:0 M:60 Y:100 K:0



C:0 M:40 Y:100 K:40

C:0 M:60 Y:100 K:0



Eat seasonally

Choose fruits and vegetables from the correct season. They'll probably be fresh and taste delicious. Fruits and vegetables of the wrong season are more likely to be the result of accelerated growth driven by pesticides and fertilizers.



Learn about the ways vegetables are grown

Vegetables planted in water, such as watercress, are less likely to involve pesticide use.



Eat organic

Chemical pesticides and fertilizers are not used in organic farming, which is beneficial to both the environment and human health. By buying organic fruits and vegetables directly from organic farmers, you'll be able to know more about their production process.



Try cleaning

Immersing fruits and vegetables in water for 15 to 30 minutes can wash away part of the water-soluble pesticides; however, this process can never be 100% effective and is also likely to destroy some of the fruit's nutritional value.

TIPS FOR AVOIDING PESTICIDE CONSUMPTION

The best way to prevent chemical pesticides from appearing on dining tables is to choose and buy organic fruits and vegetables. Head to [greenpeace.org/eastasia](https://www.greenpeace.org/eastasia) for more information.

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- <http://www.greenpeace.org/eastasia/Global/eastasia/publications/reports/food-agriculture/2012/Pesticide%20Hidden%20Ingredient%20Report%20Final.pdf>
- <http://www.greenpeace.org/eastasia/news/blog/banned-pesticides-detected-on-vegetables-in-t/blog/36666/>
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