

## Agree or disagree: Seafood is unsafe for consumption due to marine pollution

Seafood is an important dietary food in many parts of the world including Japan. For people in some countries and regions, seafood such as fish and shellfish are their primary source of protein. Today, due to marine pollution caused mainly by industrial and agricultural pollutants, seafood can be unsafe to consume.

One of the biggest factors of marine pollution is plastic pollution. Plastic pollution is caused by humans. We heavily use single-use plastics and irresponsibly dispose of them. These disposed plastics end up in rivers and oceans. This is damaging our environment, our marine life, and our very own food chain. These pieces of plastic become even smaller pieces known as microplastics, which then get consumed by fish and other marine life. A recent study discovered that we consume these fish which means we are consuming these microplastics as well. In this way, plastic pollution migrates up the food chain, becoming part of the food that we eat. This is a terrifying thought and suggests that it is unsafe to consume seafood.

Furthermore, marine pollution is also caused by overfishing. Overfishing is a dangerous activity because it endangers the whole ocean's ecosystems. Many commercial fisheries are known to be overfishing. This means that they catch massive amounts of unwanted fish and other marine life that get discarded and treated as waste. Although overfishing may seem far off to marine pollution, prolonged and widespread overfishing will alter the aquaculture and will lead to serious consequences such as damaged ocean resources and marine habitats. Without a sustainable fishing regulation, we are unable to conserve the ecosystem and ensure food security.

In conclusion, seafood is becoming increasingly unsafe and harmful to consume because of marine pollution. We must first put a stop to single-use plastics that end up in the ocean that damages the environment and its marine life. And proper fishing regulations must be in place for all countries so that fishing will be as sustainable as possible. This will preserve the health of its marine life and in the longer term ensures the safety of our food from the ocean.

By weknow communication advisor, [Seire\(JPN\)](#)