**Topic: Eating Insects & Worms**

Source # 1 Video Eating Insects by National Geographic (3:35 mins)

<https://www.youtube.com/watch?v=3f7I_HAm4d8>

Source #2 Online article: Insects – the new superfood! By CBC Kids (Canada Media Fund)

<https://www.cbc.ca/kidscbc2/the-feed/insects-the-new-super-food>

**Some of the main ideas & supporting details**

**(colors match the source’s color above)**

**There are obstacles to getting people to eat insects & worms.**

* Many people (in the U.S.A. and Canada) think they won’t like insects (or that they are disgusting)
* Many parents (in the U.S.A.) teach kids to avoid insects so then they don’t want to eat
* It’s expensive to make things like cricket flour

**There are benefits to eating insects.**

* Healthy –
	+ full of vitamins, minerals (iron, zinc & magnesium) and protein
	+ Less fat and fewer calories than beef
	+ Good for your immune system
* Good for environment –
	+ producing a pound of caterpillar takes a 10th of the resources needed to produce a pound of beef
	+ farming insects takes less space than farming cattle so forests won’t be cut down
	+ insect farms produce less greenhouse gases than animal farms

**Types of insect food are becoming more available.**

* Candy store Hotlix (Pismo Beach, CA) includes in bugs lollipops and mealworms on caramel apples
* Larry Peterman, candy store owner, also makes special dinners with insects
* Already available in other countries (Asia, Africa, Australia & Latin America) - more than 1900 types of insects
* More and more companies are starting cricket farms so this may make foods made from crickets more easily available

Suggested **Vocabulary**: *Entomophagy* is the human consumption of insects as food.