

Insects for Dinner

Imagine eating a plateful of crickets for dinner with chocolate-covered ants for dessert. It might not sound too appetizing to you, but around two billion people worldwide eat insects regularly as a part of their diet. Eating insects is called entomophagy and there are many good reasons to do it.

First off, insects are really good for you! They are packed with protein, fiber, vitamins and minerals. By weight, crickets and termites contain more protein than beef.

Second, raising insects is less expensive and better for the earth than raising livestock. Insects take up much less space and need much less food and water than cows. Also, more parts of an insect are edible than of a cow or a chicken. In addition, insects have a much shorter lifespan, so the time spent raising them is much less than other edible animals.

Third, believe it or not, if prepared well, insects actually taste good! Many types of insects taste a little nutty, especially if they are roasted. Some kinds of bugs taste like bacon, while others may taste like fish, or even fruit. Some insects, such as meal worms, don't have much of a taste at all and pick up the flavors of whatever they are cooked with. So, what are you waiting for? Why not try a beetle today?

◆◆ IT: vocabulary, author's purpose, evaluation

Name _____ Date _____

TEXT
TIME 7

Show What You Know

1. What is entomophagy?

2. Give three reasons why raising insects is better than raising livestock.

1) _____

2) _____

3) _____

3. What is the author's purpose?

a) to persuade b) to inform c) to entertain

Give evidence from the text to support your answer:

4. Would you try eating insects? _____

Why or why not? _____
