

## United Nations asks us to eat insects

16<sup>th</sup> May, 2013



A new United Nations report says that we should all eat insects. The report is from the U.N. Food and Agriculture Organization. It is called "Edible

Insects: Future Prospects for Food and Feed Security". The U.N. says it is important we eat insects to help the Earth. It gave three reasons why we should be adding insects to our diet. The first is they are good for our health. "Insects are healthy, nutritious alternatives to mainstream staples such as chicken, pork, beef and even fish." The second reason is they are better for the environment than breeding cows, sheep, and other animals. Finally, "insect farming" would help millions of poor families around the world eat and start a small business.

Many cultures already include insects in their diet. The report says: "Many people around the world eat insects out of choice, largely because of the [tastiness]....More than 1,900 species have reportedly been used as food." However, most people in Western or "developed" countries think the idea of eating insects is disgusting. The report says governments need to educate Westerners about the benefits of eating bugs so they get over the "disgust factor". Ento, a company in London that sells insect-based food, said it is difficult to get people to eat creepy-crawlies. It told the "New Scientist" magazine: "On paper, insects are fantastic, but on a plate most people won't touch them."

Sources: *New Scientist* / UN FAO

### Writing

People should eat insects if it helps save the Earth. Discuss.

### Chat

Talk about these words from the article.

United Nations / insects / eating insects / healthy / nutritious / chicken / poor families / cultures / diet / tastiness / 1,900 species / Western countries / disgusting / fantastic

### True / False

- The United Nations published a cookery book full of insect recipes. T / F
- The U.N. said it is important we start eating insects to help the Earth. T / F
- The U.N. said insects are just as healthy as chicken or fish. T / F
- The U.N. said insect farming would help big, international companies. T / F
- There are over 1,900 kinds of insects that people around the world eat. T / F
- Many Westerners would love to start introducing insects into their diet. T / F
- An insect food shop in London said it is easy to get people to eat bugs. T / F
- The shop said most people wouldn't eat insects if they were on a plate. T / F

### Synonym Match

- |               |                     |
|---------------|---------------------|
| 1. report     | a. insects          |
| 2. edible     | b. deliciousness    |
| 3. diet       | c. study            |
| 4. nutritious | d. raising          |
| 5. breeding   | e. great            |
| 6. tastiness  | f. healthy          |
| 7. disgusting | g. eat              |
| 8. bugs       | h. safe to eat      |
| 9. fantastic  | i. stomach-churning |
| 10. touch     | j. food             |

### Discussion – Student A

- What do you think about what you read?
- Do you think insects are a healthy food source?
- What insects could and couldn't you eat?
- Do you think we will all need to eat insects to help the Earth?
- How could insects replace meat and fish?
- If you ate a pie, loved it, and then found out it was insect pie, how would you feel?
- What do you think of the idea of insect farming?
- Which is better, worm curry or bee soup?

## Phrase Match

- |  |                                   |
|--|-----------------------------------|
| 1. A new United Nations                | a. such as chicken                |
| 2. adding insects                      | b. the "disgust factor"           |
| 3. staples                             | c. cows, sheep, and other animals |
| 4. breeding                            | d. is disgusting                  |
| 5. help millions of poor families      | e. crawlies                       |
| 6. people around the world eat insects | f. to our diet                    |
| 7. the idea of eating insects          | g. won't touch them               |
| 8. ...so they get over                 | h. report                         |
| 9. creepy-                             | i. around the world               |
| 10. most people                        | j. out of choice                  |

## Discussion – Student B

- Would it be exciting to try all 1,900 insects?
- What is the most disgusting food you can think of?
- Could Westerners ever be educated to eat bugs?
- Would insects taste better if they didn't look like insects on the plate?
- Could you date someone who ate insects?
- What would you do if you found a jar of insects in your fridge?
- Why do some cultures love eating insects while others don't?
- What questions would you like to ask an insect eater?

## Spelling

- the U.N. Food and rcirgAeutlu Organization
- bieled insects
- three esansor why
- healthy, rotuniistu alternatives
- better for the mtreionnnv
- rdinegeb cows
- Many cultures already elnicud insects
- eat insects out of coheci
- eating insects is sdgtsungii
- the nefetsib of eating bugs
- the "New tntiSicse" magazine
- insects are fsattniac

### Answers – Synonym Match

1. c	2. h	3. j	4. f	5. d
6.	7. i	8. a	9. e	10. g

## Role Play

### Role A – Insect lover

You think insects are very tasty. You also think more people should eat them. Tell the others three reasons why. You think the insect hater has no idea about the world because (s)he lives in a McDonald's world. Worms are healthier than Big Macs. You are sure you are very healthy because of insects.

### Role B – Insect hater

You think the idea of eating insects is disgusting. Tell the others three reasons why. There is no need to change food culture that is thousands of years old. People only eat insects during wars or famine. Why would anyone eat insects when there is real food in the stores.

### Role C – Environmentalist

You don't care if insects are tasty or disgusting. You think we should all eat insects for environmental reasons. Tell the others three reasons why. The world will be healthier if we eat insects. Tell the insect hater that if we keep eating meat and fish, our food and fields will disappear.

### Role D – Government

You don't want people in your country to start eating insects. Tell the others three reasons why. You disagree with the environmentalist and the insect lover. Your farmers and fishermen can produce enough food to feed your country. If we start eating insects, it will hurt the environment.

## Speaking - Bugs

Rank these and share your rankings with your partner. Put the best at the top. Change partners often and share your rankings.

- |                        |               |
|------------------------|---------------|
| • spiders              | • cockroaches |
| • ants                 | • centipedes  |
| • ladybirds / ladybugs | • mosquitos   |
| • butterflies          | • bees        |

### Answers – True False

a	F	b	T	c	T	d	F	e	T	f	F	g	F	h	T
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Answers to Phrase Match and Spelling are in the text.