

## Insects could be the planet's next food source

SJ Christopher 2015

**Exercise A** - Fill the gaps in the sentences using these key words from the text. The paragraph numbers are given to help you.

protein   larvae   maggot   taboo   methane   edible   bug   locust   vomit   tonne
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- 1 \_\_\_\_\_ are insects that have left the egg and look like short thick worms before they change into insects with wings. (parag 3)
- 2 A \_\_\_\_\_ is a type of grasshopper that flies over big areas in very large groups called swarms and destroys crops. (para 4)
- 3 If something is \_\_\_\_\_, you can eat it. (parag 5)
- 4 A \_\_\_\_\_ is 1,000 kilograms. (parag 6)
- 5 If something is described as \_\_\_\_\_, people do not do it or talk about it because it is shocking. (parag 6)
- 6 \_\_\_\_\_ is an informal word for *insect*. (parag 6)
- 7 \_\_\_\_\_ is food that comes up from your stomach and out through your mouth. (parag 6)
- 8 \_\_\_\_\_ is a gas with no colour or smell that is used as a fuel. (parag 10)
- 9 A \_\_\_\_\_ is a substance in food such as meat, eggs and milk that people need in order to grow and be healthy. (parag 11)
- 10 A \_\_\_\_\_ is a small soft animal with no arms or legs that later changes into a fly. It can often be found in old meat and dead bodies. (parag 11)

**Exercise B** - Find the following information in the text as quickly as possible.

1. Where will the Festival festival take place?
2. How many edible species of insect are on the Food and Agriculture Organization's list?
3. What weight of insects are there for every human on earth?
4. What will the world's population be in 30 years' time?
5. What percentage of the world's methane is made by farming cows, pigs and sheep?
6. If we stopped eating meat and started eating insects, by what percentage would greenhouse gas be reduced?

# Insects could be the planet's next food source ...

Tracy McVeigh

- 1 In the West, people do not usually eat insects, but in some parts of the world insects are an important food. In spring next year there will be an effort to show people in Western Europe that eating insects is not disgusting, and we may soon be able to buy insects in supermarkets.
- 2 In April, there will be a festival in London, Festival, where there will be a discussion about the issue of eating insects. The festival will include a restaurant by the Nordic Food Lab, the Scandinavian team behind the Danish restaurant Noma, which brought extremely popular insect dishes to Claridge's hotel in London in 2013.
- 3 Noma has been named the world's best restaurant by *Restaurant* magazine for three years. Its chef, René Redzepi, says that ants taste like lemon, and a mixture of grasshoppers and moth larvae tastes like a strong fish sauce. Bee larvae can be used to make a sweet mayonnaise instead of eggs, and scientists are finding new ways to use insects all the time.
- 4 In March, a BBC documentary will show a food writer eating deep-fried locusts and barbecued spiders. However, behind all the jokes there is a very serious message. Many experts believe that if humans eat insects, it will be very beneficial for the environment.
- 5 The UN's Food and Agriculture Organization (FAO) finances projects that show people they can eat and farm insects in south-east Asia and Africa. In these places about two billion people already eat insects and larvae as a normal part of their diet. In 2012, the FAO published a list of 1,909 edible species of insect and plans a major international conference on "this valuable food source" next year.
- 6 There are lots of insects in the world – 40 tonnes of insects for every person – so they will not become endangered. "I know it's taboo to eat bugs in the West, but why not?", Redzepi said. "You go to south-east Asia and it's common to eat them. You read about it from all over the world, that people are eating insects. We eat honey, and honey is the vomit of a bee. Think of that next time you put it into your tea."
- 7 He said that the basic idea behind Nordic Food Lab is that you can eat everything.
- 8 Insects are very important to life on Earth and they are the most diverse group of animals on the planet: there are more than a million species. However, many people hate them and often kill them for no good reason.
- 9 In the next 30 years, the planet's human population will probably increase to nine billion. Already one billion people do not get enough food. The increase will put more pressure on agricultural land, water, forests, fisheries and resources, and also food and energy supplies.
- 10 The cost of meat is increasing – and people have to destroy large areas of rainforest to make fields or to grow food for cows. Cows also produce methane. The farming of cows, pigs and sheep creates enormous amounts of greenhouse gases: 35% of the planet's methane, 65% of its nitrous oxide and 9% of the carbon dioxide.
- 11 Edible insects make fewer gases, contain high-quality protein, vitamins and amino acids, and only need a quarter of the food that sheep need to make the same amount of protein. They can be grown on organic waste. China is already building huge maggot farms. Zimbabwe is now growing caterpillars and Laos is developing an insect-harvesting project. One study says that eating crickets and locusts, and not eating pork and beef, could help to reduce greenhouse gas emissions by up to 95%.

**Exercise C:** Match the beginnings and ends of the sentences

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|---|--|
| 1. The world's population will increase to..... | already eat insects.                       |
| 2. There are forty tonnes of insects.....       | as much food as animals to make protein.   |
| 3. About two billion people.....                | nine billion by the middle of the century. |
| 4. Eating insects and not meat.....             | enormous amounts of greenhouse gases.      |
| 5. Farming large animals makes.....             | for every human being on earth.            |
| 6. Insects do not need.....                     | would be good for the environment.         |

**Exercise D:** Find the words in the text to complete the definitions. The words are in the order they appear in the text.

1. An **a**\_\_\_\_\_ is a small red insect that lives under the ground in large organized groups called colonies.
2. A **g**\_\_\_\_\_ is a large insect with long back legs that moves by jumping and makes short high sounds.
3. A **m**\_\_\_\_\_ is an animal similar to a butterfly that flies mostly at night.
4. A **b**\_\_\_\_\_ is a flying insect with black and yellow stripes that makes honey.
5. A **c**\_\_\_\_\_ is a small long thin insect with many legs that eats plants and finally changes into a butterfly.
6. A **c**\_\_\_\_\_ is a small brown insect that jumps and rubs its front wings together to make a loud noise.

**Exercise E:** Match the words in the left-hand column with those in the right-hand column to make phrases from the text.

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|-----------------|----------|
| 1. greenhouse   | waste    |
| 2. deep         | gas      |
| 3. south-east   | land     |
| 4. energy       | fried    |
| 5. organic      | supplies |
| 6. high-quality | Asia     |
| 7. agricultural | protein  |