

Edible Insects



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Are you hungry? Would you like something to eat? How about worms or crickets on the menu? And maybe, a grasshopper salad? Is your mouth watering yet?

The price of food around the world is raising especially red meat. It is a good idea the cows can take a break and we replace them with insects.

Insects are the most abundant animal life on earth and there are more than 1,900 edible insect species, but people in western society see them just as pests. Nowadays, that is changing and there are some places in the tropics where insects are considered a delicacy.

You can cook them fried, roasted, or barbecued, they all taste delicious, and they are also healthier because they contain high amounts of protein and less fat than red meat.

Are insects safe to eat? Humans concern about diseases jumping from animals like pigs, cows, or chickens. Luckily, there are no worries about a disease jumping from insects to humans, this is because we share very little DNA, so it is safer than eating cows.

Finally, if we eat more insects and less red meat, the amount of livestock's methane emissions will reduce, which is great to take care of the environment.