

Six sentences have been removed from the article. Choose from the sentences A–G the one which fits each gap (1–6). There is one extra sentence which you do not need to use.

- A Instead, it's the idea of eating one that is the cause of such upset.
- B There's even a chocolate version available too.
- C In fact, for every human, there are forty tonnes of them.
- D Meanwhile, many other innovations are seen as the possible future of food.
- E Unfortunately, the same can't be said for insects.
- F So, if we want to find a way to produce more protein with fewer supplies, insects are the way to go.
- G Insect burgers are likely to look like the meat ones we eat today.

## Are INSECTS the future of food?



The world population is continuing to grow and in many areas of the world, the demand for animal products is rising sharply, so in the next few decades, we'll need to figure out how to produce enough food for billions more mouths.

There is one source of food that could provide at least part of the solution and they're already freely available. **1** They can be found right under our noses, as well as below our feet and all around us: insects.

You may turn your nose up at the thought, but it isn't actually such a crazy idea. Although they may not look like much, insects are a great source of food. They contain essential nutrients and can provide a nutritious meal. Insects give out such small amounts of greenhouse gas, and take up so little room on the planet compared with the animals we traditionally eat, that they are very much more environmentally friendly. Insects also require fewer food resources compared with our traditional sources of meat in order to give us the nutrition we need. They also require less water than animals or birds. **2** It seems like the obvious conclusion.

It's estimated that a third of the world's population already eat them. Boiled silkworm larvae is a popular dish across Asia, and wasps are also popular across the continent. In Africa termites can be prepared in a variety of ways to form part of a nutritious meal.

What seems to be one of the biggest barriers is convincing more people to eat insect cuisine. Some foods, like chocolate, sell themselves. **3** A lot of people in Europe and North America feel so disgusted at the idea of eating insects that they won't go



anywhere near them. Psychologists tend to agree that the dislike that people have towards insects has nothing to do with them tasting disgusting. **4** There have been several experiments that have helped confirm this conclusion. In one experiment, when a sterilised insect was placed in a cup of juice and an everyday object in another, people were consistently convinced that the juice that had the insect in tasted worse, if they were willing to taste it at all. It appears to be the case that insects reliably produce negativity.

However, there is a movement to put insects on our dinner tables. Across Europe there are companies making nutrition bars that contain insects. **5** Meanwhile, in the United States, the company Chapul sells protein bars containing cricket flour.

Most of the companies selling insects and insect-based foods are only just starting up or haven't been around for very long, so we aren't sure yet how it will progress, or if the industry will be successful. Will we see an insect aisle at the supermarket? Will fast-food restaurants serve up bug burgers? **6** These range from 3-D printed food, to foods manufactured in a laboratory to resemble seafood or meat, to further developments of soy-based foods. Whether any of these will become something that the majority of us eat every day is still not certain.