

TEXT FEATURES

Edible Insects



ONLINE VIDEO CHANNEL

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**.