



Prize Winner

Science Writing Year R-2

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Food Of The Future

Eating Insects (Entomophagy)

The world's population is growing and global warming is getting worse. In the future there will be less food for everyone, land to grow food, it might be harder to get and more expensive. Insects could be better for the environment as a source of food. Farming insects uses less land, water, energy and less space than farming animals.

Eating insects is common in some other countries in Asia, South America and Africa. They have lots of proteins, nutrients, vitamins and minerals. Protein is very important to us for energy.



People can snack on fried crickets, grasshoppers, mealworms, wasps and caterpillars. They are also used for animal and pet food. There are cricket farms already operating in the USA. In Switzerland a company has developed burgers made from mealworms.



Some people don't like the idea of eating insects. Researchers are doing studies to find out how to convince people to add insects to their diet. There are also ways to cook them so you can't see them, like in a powder or paste. Maybe we could be kinder to the planet by giving insects a try!

By Louis Caporaletti

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References:

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