**Eating insects**

*Below, you will find the main ideas taken from the 3 documents, ordered into a logical outline.*

*Tick those you had selected,*

*Check those you had not understood or just discarded.*

Disgust reaction in the Western world (repulsion, uncleanliness) because we have a choice (larger animals)!

Not the same in 80% of the world (Asia, Africa, Sout and Central America).

1,900 species consumed around the world

In fact, we don’t know much about eating insects.

We already ingest some unknowingly (spinach, peanut butter…)

**1) Positive side**

For the world

Resource efficient (little water used, little space (arable land) used

eg: 15m² for insects / 200m² for beef 🡪 for 1 pound

22,000l of water for beef / 1l for crickets 🡪 1 kg

More edible proportionally (80% for crickets / 40% for cattle)

Produce very small amount of greenhouse gases

A solution to world hunger (coming as soon as 2030)

Provides a stable income with minimal investment

For our bodies

Very nutritious

Full of proteins, “the building blocks of life” and iron and vitamins, minerals

Low in fat, source of fibers

**2) Negative side**

Allergens

More and more allergies.

// crustaceans

Bacteria and parasites

Some insects feed on decaying matter, full of bacteria.

Need for cleanliness in insect farms 🡪 would solve the pb

Anti-nutrients (that prevent the body from benefiting from the food it absorbs)

Not so clear, and probably not damaging to the body

Pesticides

No regulation, not much research… Some bad practices

Toxins

There are good and bad insects to eat

**3) Conclusion:**

Good source of food, but depending on how they are reared and processed.

Rules and regulations needed

More research needed (risks, rearing processes etc)

Processing methods change + our mindsets adapt 🡪 will could start eating insects