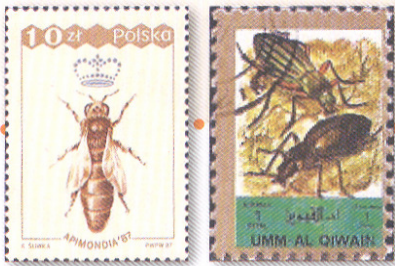


# Entomophagy: Edible Insects

You may think eating shouldn't be mentioned in the same sentence as insects, but in Africa, entomophagy is part of a plan to survive and in the East, insects are enjoyed as an expensive delicatessen. Let's take a look and see what's cooking?



**Bees, worms, beetles, and cockroaches** are among the top ten edible insects. They are readily available, free and high in nutritional value. However, socially it is less acceptable to feast on these tasty bugs.



**Ants** are especially popular in Africa and are eaten in the egg, larvae and adult stages. They are a welcome meal both raw and cooked.



Fresh, dried, large hairy **tarantula spiders** sprinkled with piquant spices are served daily in South-East Asia as a hors d'oeuvre or snack.



Today, there are more than 1 462 insect species that are known to be edible. Worldwide, **grasshoppers** are eaten most often. They are tasty whether they are grilled, toasted or ground.



Roasted **dragonflies** is a sought-after dish in Thailand, Bali, China and Japan where ant juice replaces lemon juice.



**Cicadas** are equally as popular as grasshoppers. In Zimbabwe they are ground and mixed with flour to bake protein-rich bread.



The people of Central and West Africa collect **termites** when it rains. They are eaten dried or roasted. Containing 36% protein per volume, they are highly nutritious.



100 g dried **crickets** contain 12 g protein, 5,5 g fat, 5,1 g carbohydrates, 75,8 g calcium, 9,5 g iron and a variety of vitamins. They are healthy indeed.

By Gina Wilgenbus

