

Name:	
Class:	Date:

Our Insect Cookbook

An activity of "Singapore is abuzz about eating insects".

Read the article "Singapore is abuzz about eating insects (page 13, *What's Up* August 2024). Then, complete this activity to get into the spirit of exploring unfamiliar foods.

1. List at least three benefits of eating insects.				
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2. What is your view about eating insect	ts?			

3. Watch the following video to see how some insects are prepared and eaten.

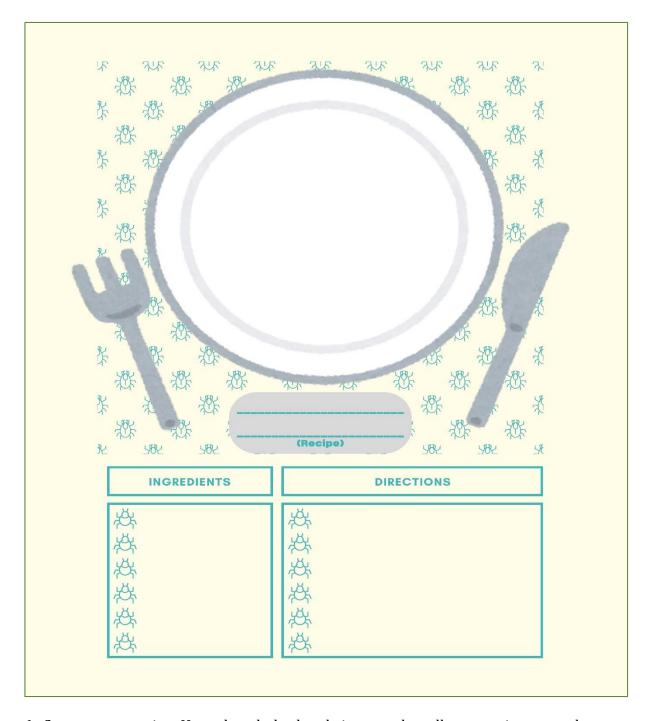
How To Eat Every Insect | Method Mastery

➤ https://youtu.be/JzUuPguQ0pA?si=zpWCEl07XhVF7reC (Epicurious, 19 October 2021)

4. From this list of 16 insects approved for consumption in Singapore, select one. Look for a recipe for cooking the insect.

House cricket (adult)	African migratory locust (adult)	Mealworm (larva)	Greater wax/ honeycomb moth (larva)
Banded cricket (adult)	American desert/ desert locust (adult)	Lesser mealworm (larva)	Lesser wax moth (larva)
Common/field cricket (adult)	Grasshopper (adult)	Whitegrub (larva)	Silk moth/ silkworm (larva and pupa)
Black field/ two-spotted cricket (adult)	Superworm/ giant mealworm beetle (larva)	Giant rhino beetle grub (larva)	Western/ European honey bee (larva and adult)

5. Using the template below (or your own), write down the recipe, with clear instructions and illustrations.



- 6. Cut out your recipe. Have the whole class bring together all your recipes to make a cookbook.
- 7. Reflect on these questions:
 - What do you think are some common concerns people may have about eating insects? How do you think these barriers can be overcome?
 - Has your perception of insects as food changed after this activity?
 - Would you be willing to try an insect-based dish in future? Why or why not?