



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.

<ul style="list-style-type: none"> ● ● ●

2. What is your view about eating insects?

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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=zpWCElO7XhVF7reC>



(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.

(Recipe)

INGREDIENTS	DIRECTIONS
	

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 the future? Why or why not?