

Company hopes people won't be bugged by eating insects

By Chris Matthews, The Guardian, adapted by Newsela staff on 03.03.16
Word Count **417**



Biologist Juan Garcia Oviedo shows how he would eat a locust. He didn't actually eat it, but ate other smaller ones while speaking to The Associated Press at the National Polytechnic Institute in Mexico City, Mexico, May 30, 2005. Researchers are trying to revive insect consumption, pictured on the dish below, as a source of protein for the world's poor. Photo: AP/Dario Lopez-Mills



Dominic Kyei Manu proudly shows off his palm weevil bugs. They are busy eating. The weevils are something new for the Ghanaian farmer. Ghana is a country in Africa. Kyei Manu says he is already making money. He is also putting a healthy food on his plate.

Kyei Manu lives in Donyina village. He is one of four people raising palm weevils there. Aspire Food Group started the project. The company runs Ghana's first big insect farm. Aspire wants to get people around the world to eat more insects. Many insects contain protein and iron. People need both to be healthy.

Kyei Manu says he always eats weevil larvae with his family. Weevils hatch from eggs. Young weevils are called larvae. They are sweet and healthy, he said. Sometimes, his family fries it. Sometimes they eat it in a soup.

Aspire was started by students from McGill University in 2013. McGill is in Canada.

[lkdfllaksdjlfkjadslfkjlskdjf](#)

People In Many Countries Already Eat Insects

In the United States, Aspire has a large cricket farm. It sells crickets to several restaurants. Food companies use Aspire's cricket powder. They make protein bars and flour with it. In Mexico, Aspire is also raising grasshoppers.

Around the world, about two billion people eat insects. People eat palm weevils in other African countries. They also eat the bugs in Latin America and Asia.

In 2050, there probably will be more than nine billion people in the world. The amount of farmland is shrinking. Aspire says bugs could become an important source of food.

Insects Are High In Iron

Shobhita Soor helped start Aspire. People in Ghana do not have enough iron in their blood, she said. It causes a disease called anemia.

In Ghana, most children under 2 have the disease.

Aspire says young weevils are very healthy. They contain nearly all the iron people need. The United Nations is a group that helps countries around the world. It says insects have six times more calcium than meat. Calcium is important for healthy bones.

Aspire works with about 500 small farmers in Ghana. It gives them free equipment and training.

Company Could Can Larvae

Eventually, Aspire hopes the farmers can work alone.

There are problems. Farmers pick the weevils off of palm trees. The number of palm trees is going down. Also, farmers use poison to kill bugs.

Aspire plans put the larvae in cans. Then people can buy canned larvae all over Ghana.

Weevils are the food of the future, Soor says.

Quiz

- 1 Read the introduction [paragraphs 1-4]. Which paragraph explains why insects are good for people?
- 2 Which sentence states a reason why people need to find different ways to get food?
 - (A) Food companies use Aspire's cricket powder.
 - (B) Around the world, about two billion people eat insects.
 - (C) They also eat the bugs in Latin America and Asia.
 - (D) The amount of farmland is shrinking.
- 3 What is the section "Insects Are High In Iron" mostly about?
 - (A) how people get a disease called anemia
 - (B) how weevils could help stop anemia
 - (C) how farmers can get equipment and training
 - (D) how weevils have more calcium than meat
- 4 Which answer choice BEST states a main idea of the entire article?
 - (A) People eat crickets, weevils and grasshoppers.
 - (B) Some diseases could be stopped if people ate more insects.
 - (C) Insects are healthy to eat and could be a good source of food.
 - (D) Insects are a healthy source of food, but people still kill them.