

INSECTS AS FOOD

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INTRODUCTION

The entomophagy is the practice of eating insects. Besides it is still quite common in some regions, in the western countries is rather strange. In response to the concern of growth in the future of world food security, insects stand out as food and can deal with environmental, economical and health issues.

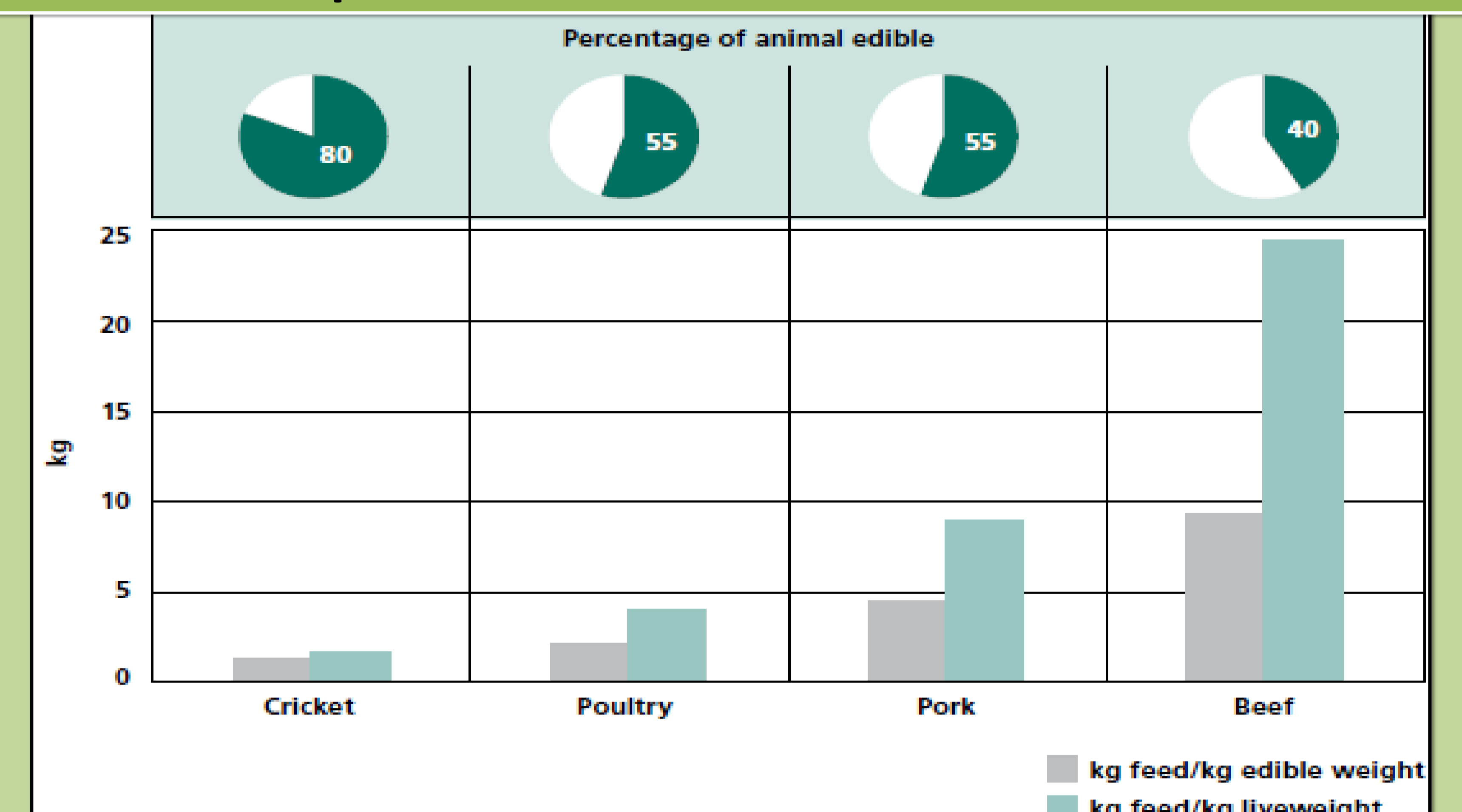
OBJECTIVES

- Define what is entomophagy and explain and differentiate between edible and non-edible insects
- Describe the nutrients of edible insects
- Explain the environmental benefits involving insects as food
- Argue the perception of people against insects as food
- Know the current legislation of insects as food

Nutritional difference in % between meat and *Tenebrio molitor* (weight 0,13 grams)

	<i>Tenebrio molitor</i>	Meat
Humidity	61,9%	52,3%
Protein	49,1%	55%
Fat	35,2%	41%
Metabolized energy (kcal/kg)	2056	2820

Efficiencies of production of conventional meat and crickets



CONCLUSIONS

- They are a potential source of protein
- They do not generally present greatest risks for food security
- Barrier: negative perception; they relate to pest and pollution
- It is necessary to investigate

