GUESS WHO'S COMING TO DINNER
or Insects as Human Food

I. Long history of people eating bugs - Entomophagy
   A. Eating bugs as old as people
   B. Aristotle and Pliny both wrote about it
   C. Bible documents many instances
   D. Native American Indians ate 'em
   E. Today's North Americans won't touch 'em

II. Why eat insects?
   A. Insect plagues, food shortages
   B. Excellent (sometimes only) source of protein
   C. 

III. We all eat insects
   A. U. S. Food and Drug Administration says so
   B. Average American eats 2-3 pounds a year

IV. How do you want them served?
   A. Often eat immatures - fried, dried, roasted, souped, floured
   B. Drink 'em in tequila or eat 'em as a sweet
   C. Buy them canned - usually fried or chocolate covered
   D. For cooking, get them fresh or frozen, no roadkill
   E. Make sure you cook 'em well - lots of cookbooks available
   F. High in protein, low in saturated fat
   G. Some restaurants will cook 'em for you

V. Most insects eaten in Africa, Asia, Central and South America
   A. 80% of world's population eats insects by choice
   B. Estimated 1,400 insect species eaten, 200 in Mexico
   C. Orthoptera top the list - especially grasshoppers
   D. - Greeks, N.A. Indians, Africans, Venezuelans
   E. Next in line are Isoptera - winged forms preferred
   F. Some Coleoptera (beetles) are favorites
      1. Scarabs, including dung beetles
      2. Wood-boring beetle grubs and mealworms
   G. Hymenoptera are probably next - winged ants and bee larvae
   H. Lepidoptera - moths and butterflies
      1. Adults without the scales and hairs
      2. Caterpillars and pupae also

I. Also-rans include true bugs, flies, roaches, mantids, sticks, etc.