

# Primary KS1

# Will you add **bugs** to your diet in 2019?



**Fact!** Mealworms are not like regular worms. They are **edible**, which means they can be cooked and eaten!



Would you eat this **spoon of mealworms**?!

# Starter: What is your diet?

No matter what you ate yesterday, your food was mainly made up of three main food groups; **proteins**, **carbohydrates** and **fats**.

Can you match the pictures to each food group?



**Carbohydrates** give your body the energy it needs.

**Protein** helps build and repair your body on the inside.

**Fats** help keep your heart healthy.

# Why bugs?

One reason why people are talking about eating bugs is that they are **healthy** for you. They contain a lot of **protein** and **vitamins**.



The **number of people on our planet is growing quickly**, so we need to think creatively about how to **feed everyone!**

Click the image to watch a video. What are the other great things about eating bugs?



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2.05

# Why bugs?



Read each of these statements to your partner and decide if they are **true** or **false**!



**Remember!**  
Not all bugs should be eaten  
- always check before you bite!

Bugs have more **protein** in them than meat.

True!



Eating bugs can help the **environment**.

True!



It doesn't cost much to **grow** bugs on bug farms.

True!



# Strange foods



You might think eating bugs is strange, but lots of foods were **strange** when they first came to this country!



100 years ago, lobsters were very cheap to buy. Now they are **very expensive!**



Curry became the most popular dish in the UK about **30 years ago.**



**500 years ago,** potatoes were brought to the UK - nobody wanted to eat them!

We might think eating **bugs** is strange, but **2 billion people already eat them** as part of their everyday diet in Asia, Africa and South America.

# Have you changed your mind?



Now that we've learned more about eating bugs, would you have a go at eating any of these? Share your thoughts.



Mealworm tacos with dipping sauce.



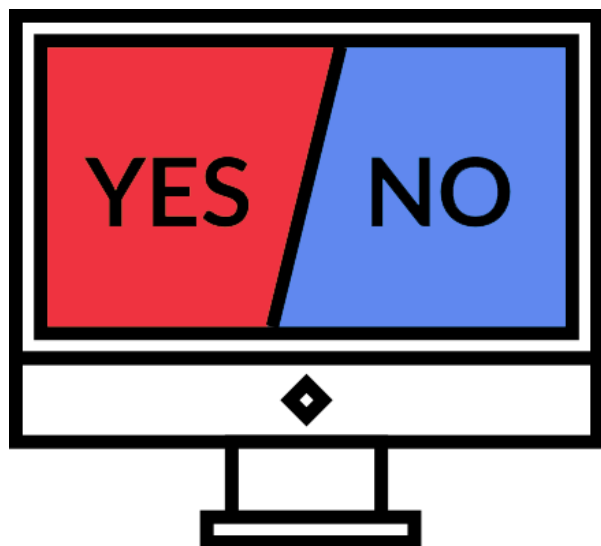
One spoonful of mealworms.



A bowl of mealworms.

# Will you add **bugs** to your diet in 2019?

## Yes



### Yes

- Bugs are very healthy foods – they have lots of protein in them.
- Growing bugs is good for the planet – it uses less energy than growing animals like pork and beef.
- Bugs are eaten in many other parts of the world, and it's normal to eat them there!



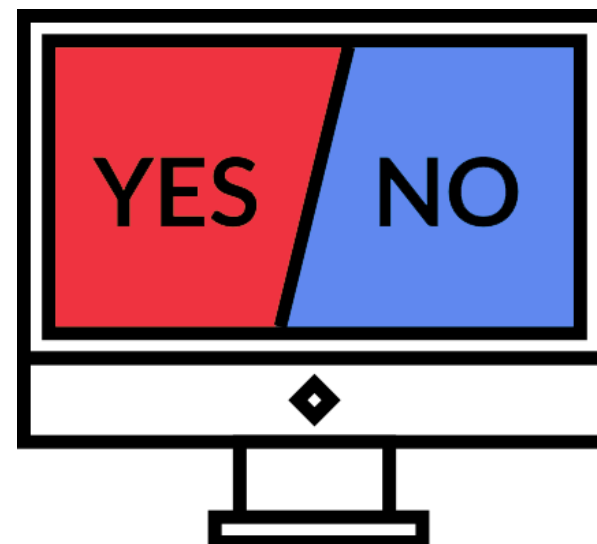
# Will you add **bugs** to your diet in 2019?

No



## No

- Bugs look horrible! I think it would be very hard for me to eat them.
- There are other foods we can eat to give us vitamins and protein and keep us healthy!
- People who are vegetarian or vegan won't eat bugs, because they're animals.





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