

## Day 15 Daily Challenge: Which Insects would you Eat to Survive?

1. Do your research. This information has been taken from How Stuff Works website:

<https://adventure.howstuffworks.com/survival/wilderness/edible-bug1.htm>

The trick to eating any insect is to cook it. Even if a bug has harmful toxins or venom, a good boiling will usually negate the effect. Insects with hard shells like beetles can contain parasites, but if cooked are safe to eat. Even if you're in a survival situation, you should be able to get a fire going. This means you can boil, roast or smoke the insects you eat. Aside from making them safe to ingest, cooking them also improves the taste. Ants, for example, have a distinct vinegar taste until they're boiled. Another way to improve your dining experience is by removing the wings and legs from your meal. They don't contain much nutritional value anyway. You can also remove the head.

Many times the insects themselves are edible, but what they've been eating isn't. It takes a little while for insects to digest, so if they recently ate some leafy greens that were sprayed with pesticide, those chemicals are now inside their body. Locusts that have been doused with insecticide often have saliva at the corners of their mouths. Cook these insects or purge them by feeding them fresh greens -- 24 hours should do it. You should also stick to live insects because you can never be sure what killed the dead ones. You can take care of the killing part yourself by cooking or freezing them.

So if you're in a survival situation, play it safe. There are plenty of worms, grubs, termites, crickets and beetles in any wilderness area. Stick with these and you'll be fine. All in all, there are 15 orders of edible insects:

Can you match these insects to the photos?

- *Anoplura* - lice
- *Orthoptera* - grasshoppers, crickets and cockroaches

- *Hemiptera* - true bugs
- *Homoptera* - cicadas and treehoppers
- *Hymenoptera* - bees, ants and [wasps](#)
- *Diptera* - flies and mosquitoes
- *Coleoptera* - beetles
- *Lepidoptera* - [butterflies](#) and moths
- *Megaloptera* - alderflies and dobsonflies
- *Odonata* - [dragonflies](#) and damselflies
- *Ephemeroptera* - mayflies
- *Trichoptera* - caddisflies
- *Plecoptera* - stoneflies
- *Neuroptera* - lacewings and antlions
- *Isoptera* - termites



2. Go on a walk around your garden or use the internet to find out what types of insects you may find locally.



3. Draw the insect you would eat. Label the different parts.

4. Design a meal using your insect.

**NB: Never eat things you find, even insects! Many things can be poisonous and need to be handled in the correct way.**