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Vocabulary: Food 词汇: 食物

Feeling hungry? How about some worms with your spaghetti? Perhaps some **ground** cricket to **sprinkle** on your pizza? Or maybe just a good old **bug** burger?

While the idea of eating insects disgusts many, don't be surprised if you find **creepy-crawlies** on your own plate before long.

Why? Because insects could **hold the key to** the challenge of feeding the world's growing population. With the number of humans on the planet expected to reach 9 billion by 2050, **the search is on** for alternative sources of **protein** beyond the traditional meat and fish.

Insects are not only high in protein, but also **minerals** and amino acids, according to Shami Radia, co-founder of Grub, a company which sells **edible** bugs. "Insects are the original **superfood**," says Radia.

Environmentally, insects produce less greenhouse gas, use less water and take up less farmland than conventional **livestock** farming, meaning they have a smaller impact on the planet.

So if they're good for the environment and good for you, why aren't we eating insects? In fact, in many places we already are. It's estimated that two billion people around the world eat insects as part of their diet. But most Western nations have not yet adopted the practice.

It's the "**yuck** factor" that stops them from eating bugs, according to the Waste and Resources Action Programme. People in the West generally view insects as unclean and carriers of disease. They're seen as **pests**: they damage crops, destroy furniture and live in dirty places.

But perhaps attitudes are slowly shifting. Certain types of insects are becoming more **palatable** to consumers, such as **locusts** and grasshoppers. Nick Cooper sells insects as food through his UK company **Crunchy Critters**, and has seen a sales growth rate of 25% **year on year**. He believes young people are more open to eating insects.

Shami Radia believes that **munching** bugs will one day become as popular as eating sushi. "Behaviour can be changed," he says. "Prawns are ugly and taste delicious and there's no reason why eating insects can't be **normalised**."

## 词汇表

<b>ground</b>	研磨成粉末的
<b>sprinkle</b>	撒、洒（食物）
<b>bug</b>	小虫子
<b>creepy-crawly</b>	令人生厌的爬虫
<b>to hold the key to</b>	是……的关键、掌控
<b>the search is on</b>	已经开始寻找
<b>protein</b>	蛋白质
<b>mineral</b>	（人体必需的）矿物质
<b>edible</b>	可食用的
<b>superfood</b>	（对健康十分有益的）“超级食品”
<b>livestock</b>	牲畜（包括牛、羊、鸡等）
<b>yuck</b>	（尤表示食物恶心的感叹词）呸
<b>pest</b>	（毁坏农作物的）害虫或动物
<b>palatable</b>	可口的，合胃口的
<b>locust</b>	蝗虫
<b>crunchy</b>	酥脆的
<b>critter</b>	生灵，生物
<b>year on year</b>	与上一年同比
<b>to munch</b>	大口地吃，津津有味地吃
<b>to normalise</b>	使……正常化

## 测验与练习

### 1. 阅读课文并回答问题。

1. Why might we all be eating more insects in the future?
2. What nutritional advantages do insects offer?
3. What stops many people in the West from eating bugs?
4. Which word means 'plants grown for food'?
5. What does Shami Radia believe is the key to selling more insects as food?

### 2. 请你在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. I just can't imagine ever eating \_\_\_\_\_. They're disgusting.

creepy	crawly	bugs	insect	superfood
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2. The idea of eating insects is more \_\_\_\_\_ if I can't see their eyes, wings or legs. I just hate the thought of eating insect wings.

edible	palatable	yuck	disgusting
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3. This strategy \_\_\_\_\_ our success. We all have to work hard to make it happen.

hold the key	holds key	holds the key	holds the keys
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4. I like my food to be \_\_\_\_\_. I don't like anything with a completely soft texture.

smooth	crunchy	ground	edible
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5. This bread isn't \_\_\_\_\_ any more. It's hard and covered in mould.

crunchy	yuck	good old	edible
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## 答案

### 1. 阅读课文并回答问题。

1. Why might we all be eating more insects in the future?

**The author says that as the world population increases, we'll need to find new sources of food. This will include new sources of protein such as insects.**

2. What nutritional advantages do insects offer?

**Insects are high in protein, minerals and amino acids.**

3. What stops many people in the West from eating bugs?

**People in the West think insects are unclean, carry disease and are pests which destroy useful things. They have a "yuck factor".**

4. Which word means 'plants grown for food'?

**Crops.**

5. What does Shami Radia believe is the key to selling more insects as food?

**Shami Radia believes we need to make the idea of eating insects become normal so that people's behaviour will change.**

2. 请你在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. I just can't imagine ever eating **bugs**. They're disgusting.

2. The idea of eating insects is more **palatable** if I can't see their eyes, wings or legs. I just hate the thought of eating insect wings.

3. This strategy **holds the key to** our success. We all have to work hard to make it happen.

4. I like my food to be **crunchy**. I don't like anything with a completely soft texture.

5. This bread isn't **edible** any more. It's hard and covered in mould.