

# Insects as a source of food.

Advantage	Disadvantage
Healthier than meat. Have protein, calcium, fibre, iron and zinc like meat but have half the fat of meat and are far fewer calories	Hard to swallow
Raising insects is cheap or free. A little technology or investment is needed to produce them.	Can be carrier of diseases, bacterias. It's due to its alimentation, it eats chemical toxins and it can be dangerous for the humans.
It is a more sustainable source of food than livestock, it is very environmentally friendly. The production produces relatively few greenhouse gases. It requires less land, is farmed in large quantities in small areas, and less water. It requires less energy to maintain their internal body temperature. To the same masse of meat, 2kg of insects is needed, and 8kg of cattle is needed with 80% edible for the insects and 40% fort the cattle. And it Reduces irrigation and pesticide use.	This is new in Europe, so there are no rules yet to organize the insects production, so it can be dangerous. We don't knowthe part that we can't eat.
Insects could even be used as livestock feed. It has the added advantage of increasing fish supplies available for humans to eat.	The taste is not always very good
Insects reproduce much more quickly, have shorter life spans, so it grows quickly	
It can consume animal waste or plants that people and livestock cannot. This means that they don't compete with the human food supply and can even help reduce environmental contamination.	There are risk of allergies because of venom - they have carapaces/darts