

1 LOOKING AT LANGUAGE

informal and vague language

bit going like pretty so
something there went whatever whole

Complete the informal and vague language in the sentences with the words in the list.

- We usually have a quick lunch: a salad or a sandwich or whatever.
- Ants can be a b_____ of a pain when you're camping.
- I opened a bar of chocolate last night and my husband ate the wh_____ thing!
- I was l_____, "Please don't let that be mine!" when the waiter brought our meals.
- I'm pr_____ sure that I've never eaten an insect.
- Cattle farming will probably die out in the next hundred or s_____ years.
- Matt w_____, "What is *that*?" when he saw dim sum for the first time.
- There are lots of people out th_____ who don't know the meaning of a balanced diet.
- My kids are always g_____, "I don't like this. Can I have that?"
- There are s_____ like 4,500 species of cockroaches in the world.

2 READING

a Read the article and mark the sentences T (true) or F (false).

- Camren fed his mealworm dinner to canaries.
- He was disgusted by the idea of eating insects until fairly recently.
- He mixes the insects with everyday ingredients.
- All of the dishes he's tried on the diet have been a hit.
- He used the same supplier as many zoos to get the insects he needed for his diet.
- He is not expecting a quick change in attitudes.

- b Underline five words or phrases you don't know. Use your dictionary to look up their meaning and pronunciation.

Anyone for a bug-burger?

US student Camren Brantley-Rios is clearing away the dinner dishes. Nothing unusual, you might think, until you find out what he has just eaten. On tonight's menu was fried rice with mealworms – the larva stage of an insect that is usually fed to canaries. What Camren did was to season the mealworms with soy sauce and add them to the rice he was frying. Apparently, the concoction tasted pretty good.

Camren hasn't always had such a strange diet. In fact, he used to be one of the many Americans who find the idea of eating grubs and insects quite repulsive. That is, until he realized how much damage consuming traditional meats is doing to the environment. It has been discovered that keeping livestock, such as cattle, causes unacceptably high emissions of greenhouse gases, such as methane and ammonia. At the same time, insects consume fewer resources than cows to produce a similar amount of protein: there are 19 grams of protein in 100 grams of meat, while the same weight of grasshoppers contains 13 grams. Seeing that the current meat industry is unsustainable, Camren decided to try out what could be the food of the future: a bug diet. Since then, 30 days have passed, and Camren has been eating insects three times a day: for breakfast, lunch, and dinner.

Mealworms are just one of the species he's been ingesting. Together with waxworms and crickets, these form the bulk of his diet. Everyday meals include scrambled eggs with waxworms, bug-burgers with cheese, and creole crickets, a dish with an extra-spicy sauce. Every so often, he

tries to incorporate something different into his cooking – with varying degrees of success. He got a pleasant surprise as a result of sautéing orange-spotted cockroaches with herbs, mushrooms, and onions, but was unable to finish the dish he had prepared with silkworm pupae because of its unpleasant smell.

According to the UN Food and Agriculture Organization, more than two billion people worldwide include insects in their regular diet, but this does not mean they are readily available for purchasing in the US. For this reason, Camren has had to turn to the internet to find his ingredients. The insects he procures have been fed on an organic diet, and he only buys species he knows are safe to eat. One of his main suppliers is a farm that supplies zoos with bugs to feed to reptiles. Once Camren has placed an order, the insects are sent to him by post.

Camren is fully aware that one person eating insects won't have a real environmental impact and that it would take millions of people following his example to make a difference. Right now, however, this is unlikely as there is not much pressure for Americans to eat bugs because of the finer meats still available, albeit at a cost. What Camren hopes is that eating insects will become a little more marketable in the future, so that people will slowly come around to the idea. Meanwhile, his experiment is having an unexpected effect on the people around him, as some of his friends are asking him to cook for them. Perhaps in the not-so-distant future, we may all be having bug-burgers for dinner.

