

Extreme
Cuisine

Bug-a-licious



by Meish Goldish

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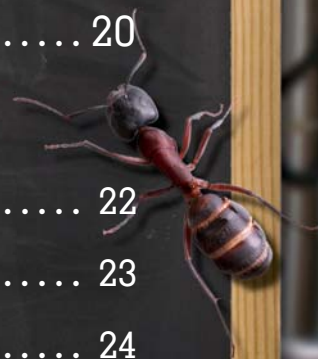
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Bug Pizza

People love to eat pizza. Many top it with mushrooms or pepperoni. In Mexico, some people put leaf-footed bugs on top. That's right! In lots of countries, **insects** are a popular food. They're crunchy, tasty—and healthy, too. Many insects are a good source of protein, vitamins, and minerals. They are also often low in fat.

Of course, not everyone eats insects. The idea makes some people sick. Yet the world is a big place. One eater's "yuck!" is another eater's "yum!"

leaf-footed bug





More than
1,700 kinds of insects
are eaten in over 100
countries around
the world.


Honey Ants

Many people buy cookies or ice cream when they want a sweet snack. Others just go digging for honey ants. Aborigines (*ab-uh-RIJ-uh-nee-z*), the first people to live in Australia, have been hunting and eating them for thousands of years.

Honey ants taste good because they drink a sweet liquid from plants called **nectar**. They bring it back to their underground nest and feed it to other ants. The nectar is stored in a sac at the rear of their bodies.

Aborigines dig into the ground with sticks and shovels to find these plump ants. They then eat the insects by holding their heads and biting off the nectar bags. Mmmm! The sweet sacs make a sweet snack!





In Colombia,
South America, movie
theaters sell roasted ants
instead of popcorn.

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Learn More Online

To learn more about bug-a-licious treats, visit
www.bearportpublishing.com/ExtremeCuisine

About the Author

Meish Goldish has written more than 100 books for children.
He lives in Brooklyn, New York.



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Bug-a-licious



Hungry for a snack? How about a grasshopper taco? Or perhaps a slice of pizza with some bugs on top sounds better. If you're in the mood for something sweet you can have a lollipop with a real cricket inside.

Do people really eat these foods? Take a look inside and find out—but don't be too surprised by what you discover. After all, the world is a big place. One eater's "yuck!" is another eater's "yum!"

Baby Bug Dishes

Bug-a-licious

Mammal Menu

Shocking Seafood

Slithery, Slimy, Scaly Treats

**Spider-tizers and
Other Creepy Treats**

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