

**Extreme
Cuisine**

Baby Bug Dishes



by Meish Goldish

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Cuisine

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Mealworm Spaghetti

The noodles on a plate of spaghetti can look a bit like wiggly worms. One Mexican cookbook, however, includes a dish in which it's not just the noodles that look like worms. It's the mealworms that are added as well!

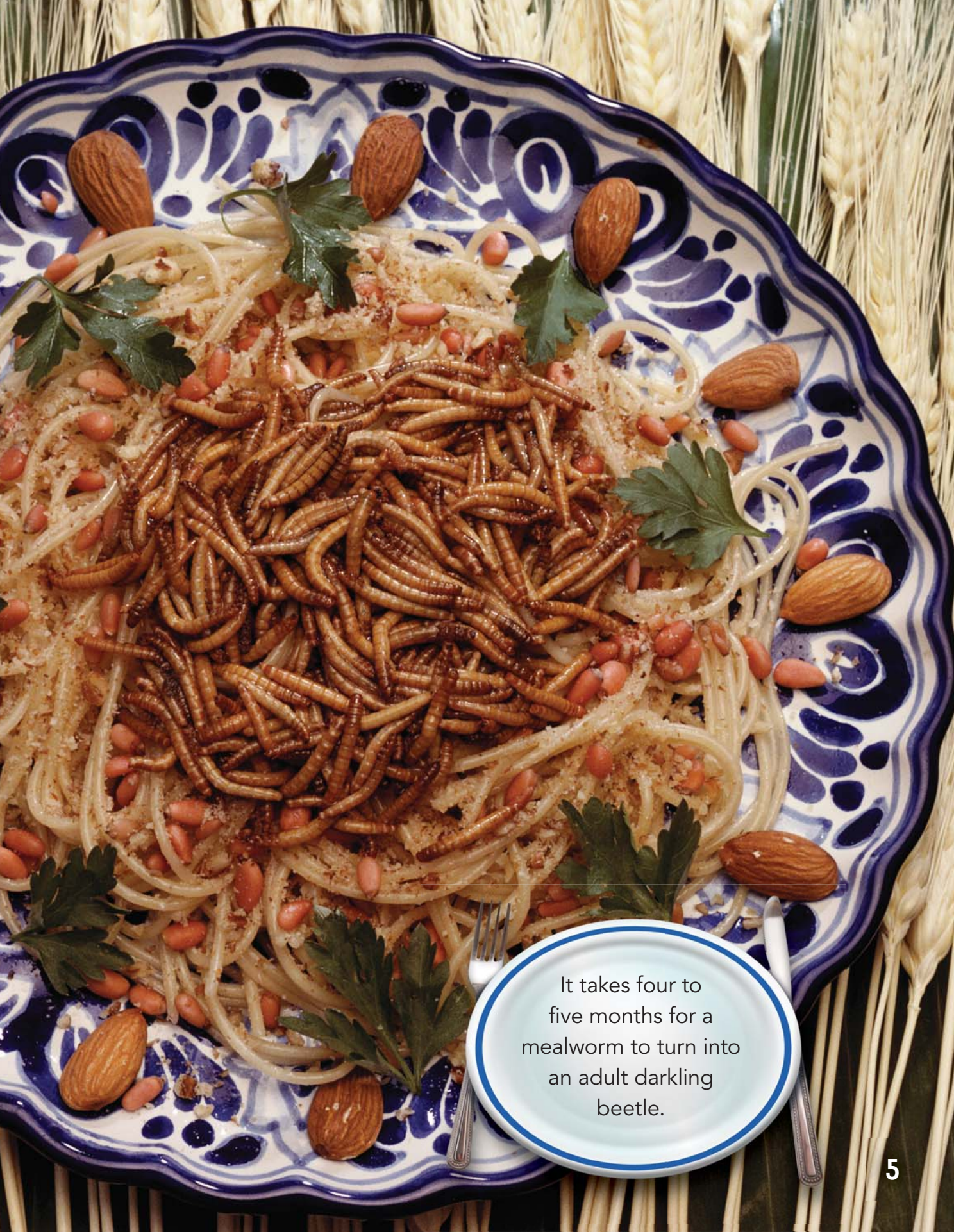
To make mealworm spaghetti, a cook mixes boiled noodles with butter, salt, pepper, cheese, and almonds. Then the cook places roasted mealworms on top and serves the tasty dish.

Mealworms look like worms. Yet they are actually the **larvae**, or young form, of darkling beetles. People around the world dine on mealworms and other young insects. Although baby bugs aren't for everyone, in many countries they help turn an ordinary dish into a delicious one!



darkling beetle






It takes four to five months for a mealworm to turn into an adult darkling beetle.

Fried Bamboo Worms

Many people begin their meals with a salad or a bowl of soup. In Thailand, some people start with a plate of fried bamboo worms. These little creatures aren't actually worms, however. They are moth larvae that live inside bamboo. To cook them, people in Thailand fry the young bugs. The salty and crispy treats are the perfect way to begin a meal.





Insect larvae aren't just tasty, they're often healthy, too. Many larvae have lots of protein, which the human body uses to build bone and muscle.

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To learn more about baby bug dishes, visit
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About the Author

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



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Baby Bug Dishes



Want a bite to eat? How about some spaghetti with roasted mealworms? Or perhaps you'd like some cheese with wiggling maggots on top. For a snack, help yourself to a few boiled caterpillars.

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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