

Please Pass the Protein: Insects as a Food Source

A Cross-Curricular Unit

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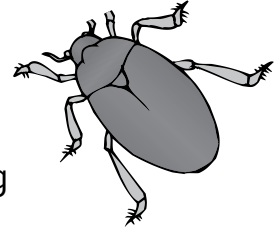


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Vocabulary Builder



The suffix *-ology* comes from the Greek language. It means "the study of." The suffix *-ologist* comes from the same source and means "one who studies." An entomologist (en•te•MAH•le•jist) is one who studies insects. Use a dictionary to find out what the following words mean. Write the definition on the line provided.



1. ichthyology _____

2. zoology _____

3. philologist _____

4. biologist _____

5. paleontology _____

6. geology _____

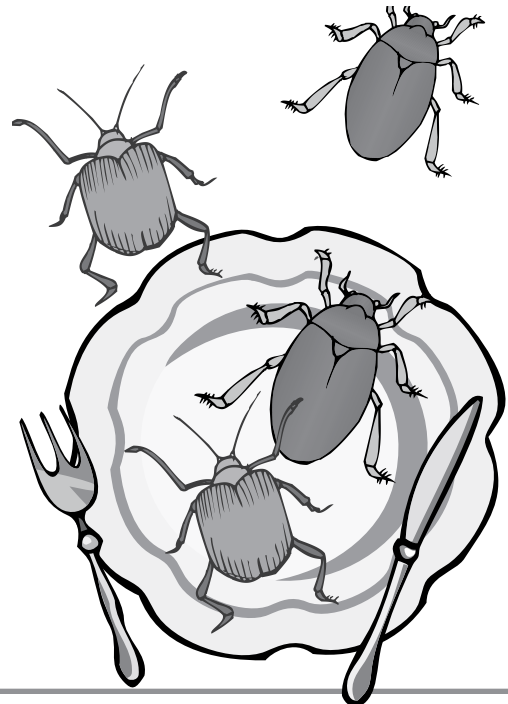
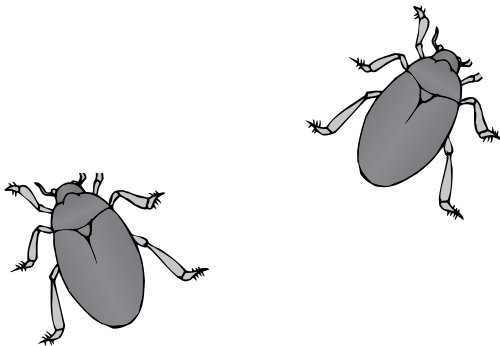


Figure It Out!



1. Each year, most people in the United States eat 18 pounds of fish and 160 pounds of beef, pork, and poultry. Express these numbers as a ratio. _____

2. It takes 16 pounds of corn to make one pound of beef. Assuming an average weight of 1,500 pounds per cow, how much corn would a farmer need for a small herd of 30 cows?

3. Suppose you were planning to run track. You need protein for your muscles. At the same time, you want little fat. Look at the chart below, and make your choice about which foods you should eat. Be prepared to explain why you chose as you did.

| Single Serving | Protein grams | Fat grams |
|-------------------------|---------------|-----------|
| Beef, broiled | 24.07 | 20.69 |
| Chicken breast, roasted | 29.8 | 7.78 |
| Peanut Butter, chunky | 24.05 | 49.94 |
| Salmon, grilled | 25.72 | 13.38 |
| Sunflower seeds | 22.78 | 49.57 |

Food for Thought



Keep a food journal for a day or a week. Record what you eat for each meal and any snacks. Then look to see if you need to eat more healthfully. Are you getting five servings of fruits and vegetables every day? How much junk food are you eating, and what can you do to lessen that amount?

