



你們有想過吃蟲嗎？
Entomophagy as a future food resource:
Why not give it a try?

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食物短缺一直是困擾世界的重大問題，科學家研究之後表明昆蟲是一種優秀的食材，人類自古有吃蟲的歷史，很多昆蟲數量繁多而且繁殖迅速，如果人類能夠加以利用，可以緩解食物短缺問題。我們選了幾種可以食用的昆蟲延伸出各種人們經常食用的食物，讓昆蟲食品可以逐漸進入平常食品的行列，在未來能進一步消除飢餓。我們希望昆蟲食品能成為新型食品，替代現有的，控制食物短缺，實現可持續發展。和其他食物產品相比，我們更健康，更容易取得，擁有良好的前景，另外用有趣的插畫風拉近昆蟲和大家的距離，使大家更容易接受。

Food shortage has been a major problem troubling the world. Scientists have shown that insects are an excellent food ingredient after doing research. Since ancient times, humans have had the record of eating insects. Many insects are abundant and multiply quickly. If humans can make use of them as food ingredients, the problem of food shortage may be alleviated. After our investigation, we selected several edible insects to extend various food that people often eat, so that insect food can be gradually as the type of common food, which can further eliminate hunger in the future. We hope that insect food can become a new type of food, replacing the existing food, controlling food shortage and achieving sustainable development. Comparing to other food products, insect food is healthier, more accessible and has a bright prospect. In addition, we can shorten the distance between insects and people with interesting illustrations, making it easier for everyone to accept.

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b

a. 簡易食譜細節圖

b. 昆蟲料理鋁箔包設計，可以隔水加熱，食用方便

我們製作了有昆蟲粉末料理包，保持營養的同時也減少了普通食材的運用，還有含有昆蟲添加的調味料，感受昆蟲的特殊風味，除了買昆蟲食品，也可以嘗試著自己製作。很多地區都有昆蟲宴的習俗，我們找了一些比較簡單，自己就可以製作的昆蟲料理，做成了像信封一樣的食譜，可以方便翻閱和製作。

We have made instant food of insect powder, which can keep nutrition while reducing the use of common ingredients, as well as seasonings containing insects to feel the special flavor of insects. Besides buying insect food, you can also try to make your own. the custom of insect feast, exists in many areas. So we found some relatively simple insect dishes that you can make yourself. The envelope-like recipes can be easily flipped through and followed the steps. can be easy to read and make.



