



## **SEGUNDO EJERCICIO TURNO LIBRE Y PRIMER EJERCICIO PROMOCION INTERNA**

### **RESUMEN LECTURA INGLES (18 DE NOVIEMBRE DE 2022)**

More than 1900 species of edible insects are consumed throughout the world, and they are already a nutrient-rich part of many national diets. The European Union is taking steps to standardize insects as a food source by outlining safety regulations that allow them to be sold for human consumption.

Whether traditional or novel in your area, here are four reasons why edible insects should have a place on the menu:

#### 1. They are nutritious.

Edible insects have important nutritional value and can be healthy additions to our diets. They offer energy, fat, protein and fibre and depending on the insect, can be good sources of micronutrients such as zinc, calcium and iron.

Insects can also offer an alternative protein source to conventional meats. For example, a comparison of beef and some insects shows that whereas the amino acids and fat content of beef is higher, insects contain comparable values of minerals and have a generally higher vitamin content.

Knowledge of the nutrient composition of edible insects can reinforce their importance in our diets.

#### 2. They are environmentally sustainable.

Edible insects hold multiple advantages for the environment. For instance, insect-farming emits considerably fewer greenhouse gases than most other animal protein sources and requires substantially less water than livestock farming. Moreover, the land required to raise insects is significantly lower compared to animal production, and insects are very efficient at converting feed into protein.



### 3. They offer economic opportunities.

In addition to a food source, edible insects can provide livelihoods and income. Since insect cultivation requires minimal space, it is possible to practice it in urban, as well as rural areas, making insect farming advantageous where other farming is not.

The edible insect sector can provide inclusive livelihood opportunities for many around the world. FAO supports countries in their efforts to farm insects sustainably and enhance food security by supporting the development of insect-based value chains.

By providing guidance for food safety assessments and best practices for farming and consuming edible insects, FAO is contributing to filling knowledge gaps and facilitating a pathway for an understated food sector.

### 4. They are an underutilized resource.

As the world population continues to grow, food production will need to increase, inevitably putting pressure on agricultural production and our limited natural resources.

We need innovative solutions to meet the global demand for protein and other nutritious food sources and insect farming presents an opportunity to help meet these rising demands.

Edible insects can help enhance nutrition and food security, create new livelihood opportunities and support sustainable agricultural systems. While already consumed in many parts of the world, edible insects still have great underutilized economic and nutritional potential.

With an era of new foods in the making, why not consider this natural and healthy food source as an addition to your diet!