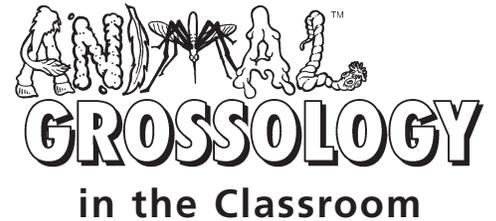


# A Meal of Mealworms

Depending upon which recipe you choose, the ingredients will vary.



## Obtaining and preparing mealworms

You can purchase mealworms from pet stores, bait shops or online. If your mealworms are packed in bran or cornmeal, there is no need to purge. However, if they are packed in newspaper or paper, remove the paper completely and add cornmeal. Allow the mealworms to eat the cornmeal for 24 hours or longer.

About 1-1.5 hours before the activity, put the mealworms in a colander and rinse well with tap water. Place onto a paper towel and pat dry. Remove any dead mealworms. Dead worms will be darker in color. Put the cleaned mealworms into a plastic bag and freeze for 15 minutes.

**Roasting the Mealworms** If you are making the Mealworm Crispies, take the cleaned insects from the freezer and place on a baking sheet covered with paper towels. Bake at 200°F for 1 hour.

### What you need (per class):

- Colander
- Water
- Paper towels
- Cornmeal
- Freezer
- Plastic bag
- Measuring cup
- Measuring spoons

## What you do:

1. Ask the students "What animals eat insects?" Take answers. If none of the students mention humans, ask "What about humans?"
2. Ask the class if anyone has ever eaten insects either by accident or on purpose.
3. Tell the students that insects are eaten by people all over the world except for North America and Europe. And in North America, the Native Americans and settlers did eat insects. In fact, there are over 1,462 recorded species of edible insects. Insects are high in protein and low in fat. So they are quite healthy. The only reason people don't think of insects as a food source is because of how they were raised. For example, if they were born in Thailand, they may eat silkworm pupae, or they would eat grasshoppers if they were born in Japan or China or Mexico.
4. Tell the students that today they will try eating insects. They will try mealworms. Show the students the frozen or roasted mealworms. Tell the class that mealworms are the pupa or larval stage of a grain-eating beetle.
5. Remove several mealworms for the students to observe.
6. Explain how the mealworms were obtained and prepared.
7. Depending upon which recipe you chose, proceed with the cooking.

## Mealworm Crispies

1/4 cup margarine	Stove or hotplate
4 cups mini marshmallows	Saucepan
3 cups crispy cereal	Spoon
3 cups roasted mealworms	9x13 greased pan

In a saucepan, melt margarine and marshmallows. Remove from heat and add crispy cereal and roasted mealworms. Stir. Spread into a 9x13 greased pan. Cool

## Spicy Mealworm Crunchies

2 tsp cayenne	6 cups party mix (optional)
1 tsp black pepper	Stove or hot plate
1 cup mealworms	Saucepan
6 Tbsp butter or margarine	Spoon

Place everything but the party mix into a saucepan. Stir continuously until the mealworms are golden brown. Drain and serve. Or if desired, add the mealworm mixture to party mix and serve.

8. After the students have eaten the mealworms, ask "How did they taste?" "Would you ever eat mealworms again?" "Would you ever consider eating other bugs?"
9. Tell the students the proper word for insect eating is Entomophagy. "Entomo-" means insect and "phag" means to eat.