

SDG 2: ZERO HUNGER



NUTRITIONAL INFORMATION TABLE

100 GRAMS OF:	PROTEIN (g)	FAT (g)	CARBOHYDRATE (g)	CALCIUM (mg)	IRON (mg)
GIANT WATER BEETLE					
RED ANT					
SILK WORM PUPAE					
DUNG BEETLE					
CRICKET					
LARGE GRASSHOPPER					
JUNE BEETLE					
CATERPILLAR					
TERMITE					
WEEVIL					
BEEF					
COD					

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Use the information in the nutritional information table to answer the questions.

1. Which animal provides the most protein? And the least?

2. Which animal provides the most calcium? And the least?

3. Which animal provides the most fat? And the least?

4. Which animal provides the most carbohydrates? And the least?

5. Do you think insects are a good alternative source of protein? Why / why not?

Giant water beetle

Protein: 19.8g
Fat: 8.3g
Carbohydrate: 2.1g
Calcium: 43.5mg
Iron: 13.6mg

Red ant

Protein: 13.9g
Fat: 3.5g
Carbohydrate: 2.9g
Calcium: 47.8mg
Iron: 5.7mg

Silk worm pupae

Protein: 9.6g
Fat: 5.6g
Carbohydrate: 2.3g
Calcium: 41.7mg
Iron: 1.8mg

Dung beetle

Protein: 17.2g
Fat: 4.3g
Carbohydrate: 0.2g
Calcium: 30.9mg
Iron: 7.7mg

Cricket

Protein: 12.9g
Fat: 5.5g
Carbohydrate: 5.1g
Calcium: 75.8mg
Iron: 9.5mg

Large grasshopper

Protein: 14.3g
Fat: 3.3g
Carbohydrate: 2.2g
Calcium: 27.5mg
Iron: 3.0mg

June Beetle

Protein: 13.4g
Fat: 1.4g
Carbohydrate: 2.9g
Calcium: 22.6mg
Iron: 6.0mg

Caterpillar

Protein: 6.7g
Fat: --
Carbohydrate: --
Calcium: --
Iron: 13.1g

Termite

Protein: 14.2g
Fat: --
Carbohydrate: --
Calcium: --
Iron: 35.5mg

Weevil

Protein: 6.7g
Fat: --
Carbohydrate: --
Calcium: --
Iron: 13.1mg

Beef

Protein: 27.4g
Fat: 12g
Carbohydrate: 0g
Calcium: 17mg
Iron: 3.5mg

Fish

Protein: 28.5g
Fat: 1.5g
Carbohydrate: 0g
Calcium: 25.2mg
Iron: 1.0mg