EX 1 - You are going to hear a radio interview with a girl called Lisa, who has done a school project on the subject of using insects as food. Before you listen, discuss these questions.

1 What does Lisa say about British people's attitudes towards eating insects?
   A They're unaware of how common it is worldwide  B They're surprised how popular it's becoming.
   C They're keen to try anything different.

2 Why did Lisa choose insects as a topic for her school project?
   A She hoped to overcome her fear of them.  B She wanted to do something different.
   C She read something on the Internet.

3 Lisa says early human beings may have eaten insects because other animals were:
   A less tasty.  B harder to catch.  C too difficult to cook.

4 Lisa was surprised that people who eat insects
   A eat the same insects all the time.  B take time to get used to new kinds of food.
   C find some insects unpleasant.

5 What does Lisa like best about the energy bar made from insect flour?
   A It has a pleasant flavour.  B It may change attitudes.  C It is good for people.

6 Lisa says insect farms in the future will increase in

7 What is Lisa's advice about finding insects to eat?
   A Size.

Quickly read only the questions in 1-7 (do not read options A-C yet) and underline the main idea in each one. Now listen, and for questions 1-7, choose the best answer (A, B or C).


Interviewer: Hi, everybody. It's great to have Lisa Fletcher in our school internet radio studio today. Lisa, you're planning to study Food Science at university, and you already know a lot about one aspect of food science, don't you?
Lisa: Hi! Well... quite a lot... I've been finding out about insects as a source of food for humans.
Interviewer: That's an unusual idea, isn't it?
Lisa: Not really, actually. It's unusual here in Britain but in some parts of the world it's absolutely normal. Some people estimate that about two billion people worldwide eat insects and their larvae. And things like red food colouring and some flavourings, for example, are made from insects, so they're already ingredients in many people's diets, even if they don't realise it. It's generally recognised now that insects and insect products will play a very important role in ensuring that we have enough food to feed the world's population in the future.
Interviewer: And why did you choose this particular topic for your project?
Lisa: You may be surprised to hear that I used to be quite scared of insects. In fact I can't believe how much I've changed! But we had to choose a topic for a project about food at school, and I saw an article about people eating insects on a website. Even though it made me feel a bit uncomfortable and nobody else in the class was doing anything like that, I decided to do my project on it.
Interviewer: So, have human beings always eaten insects? Lisa: It seems so. They may in fact have been a large part of early humans' diets all over the world, because in prehistoric times it was easier to find insects to eat than to go out hunting for larger animals. I mean if they could just find enough caterpillars or something and throw them on the fire, then they had an instant meal-lots of protein without too much effort. Interviewer: And how about nowadays? Is there anything you discovered that you found particularly surprising?
Lisa: There was, though it's something that's pretty obvious really - I just hadn't thought about it before. It's the fact that people who eat some types of insect feel disgusted by the idea of eating certain other types of insect. So just because you eat termites, for example, doesn't mean you'll think it's OK to eat beetles. It's really a question of what you're used to.
Interviewer: And have you ever eaten an insect yourself?
Lisa: Not a whole one, because I'm still just a little scared of insects -I'm not brave enough, basically. But I have tried an energy bar made from insect flour. You know they're usually made with cereal and honey and nuts and raisins and things? Well this one contained flour made from ground insects. It didn't taste too bad, and was full of healthy ingredients, but the most exciting thing for me is that it might get people in the West to begin to accept the idea of insects as a source of protein.
Interviewer: And are insects farmed on a large scale, like we farm cows and sheep in Britain?
Lisa: Yes. There are farms in the US and in China, and there are plenty in other countries, like Thailand, too. People also breed them for food on a smaller scale, you know like in their apartments because it's cheap. But in the future, there'll probably be more and more farms like the ones I saw pictures of - they're about as big as football pitches.
Interviewer: Do you have any advice for British people who want to eat insects?
Lisa: Well you should really ask an expert about that, but I wouldn't recommend just going out and finding them yourself. It's like picking mushrooms, isn't it? You wouldn't just go and pick one and eat it without knowing what it was - that would be far too dangerous because it might be poisonous. There's also the risk that you might have a severe allergic reaction. I'd stick to the ones that are commercially available, though there aren't too many insects on the shelves at the moment in Britain.
Interviewer: Thanks very much, Lisa, and good luck with your studies!
Lisa: Thank you!
EX 2: For questions 1-12, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0).

**Bugs - yummy, yummy!**

Humans have been eating insects for (0) ____ of years in some cultures. Today, it is (1) ____ that more than half the world's population eats a variety of flying, crawling, and biting bugs. Not only do these insects taste good, but they're an inexpensive and nutritious food (2) ____. About 800,000 of the world's millions of insect species have been described. And of these (3) ____ of bug types, only about 1,500 are a regular part of the human (4) ____ including grasshoppers. Hoards of these black bugs are (5) ____ to emerge from underground, along the east coast of the US in May. In Thailand, markets sell silkworms and grasshoppers by the kilo. Movie theatres in South America sell roasted ants as snacks (6) ____ of popcorn, and Japanese supermarkets stock their shelves with aquatic insect larvae. In the United States, insects are eaten more for the shock (7) ____ than the nutritional one. Just watch reality television shows like Survivor. (8) ____ gobble down beetles and spiders while viewers watch, squirming in (9) ____. But what many viewers don't realise is that they have more in (10) ____ with people in the show than they think. The average human eats 500 grams of insects each year (11) ____ in food additives. The cochineal beetle gives a red colouring to foods, lipsticks, and beverages. The US Food and Drug Administration also allows certain levels of natural or unavoidable defects in foods, as long as they don't (12) ____ a health risk.

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<th>0 A thousands</th>
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<td>1A measured</td>
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<td>2 A meal</td>
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