



COULD SCIENCE IMPROVE THE NUTRITION OF MILLIONS?

Video transcript: Improving nutrients scientifically

STEFAN GATES:

Here at the Food and Agriculture Organisation at the United Nations, they're working hard to make insects an acceptable food source all over the world.

I've come to meet Patrick Durst, the champion of the bug-eating movement.

PATRICK DURST:

I have some insects here; you might want to take a look at, some that are just from the locally available vendors.

STEFAN GATES:

They don't look any more pleasant after they've been cooked, do they?

PATRICK DURST:

Well, it kind of depends on what you get used to, I don't think that shrimp are particularly appetising when you first look at them either.

STEFAN GATES:

And lobster's pretty ugly, isn't it? Let's be honest here.

PATRICK DURST:

I got introduced to eating insects when I first came to Thailand more than 20 years ago. I tried them as a snack at that time, I enjoyed it and I've been eating them ever since. It's good food, first of all, very nutritious, high in protein. They reproduce very quickly; they produce a lot of body mass quickly for the food they eat. Compared to beef, insects are about 20 times more efficient. So the challenge is to feed the rising number of people, we'll have more than 9 billion people on the planet by 2050.

STEFAN GATES:

As population increases, so does the demand for resources. Meat production relies on large amounts of grain and water, so finding an alternative source of protein is crucial.