Tasks:

1. Highlight the 7 paragraphs.
2. Click on the numbering icon to turn the paragraphs into a numbered list.
3. Under the subheading, “Facts in Brief”, select (highlight) the text.
4. Click on the bullet points icon to turn the text into a bulleted list. You may choose the type.
5. Create a multilevel list with the text (use tab once)“Human population is rapidly increasing”, “Need minimal space to grow”, “Need minimal resources (e.g. food and water) to grow” and (use tab twice) “9 billion people by 2050”
6. Select the paragraphs and change the **font** to **Comic Sans** and **size** to **16pt.**
7. Make the heading and subheading – “Bugs are the Future” and “Facts in Brief”, **font Comic Sans**, **bold** and size **18pt.**

**Bugs are the Future**

It is estimated that about 2 billion people around the world are eating bugs and that about 1,900 species of bugs have been consumed and enjoyed. Even though entomophagy, the practice of eating bugs, is not very acceptable in western countries, advocates are trying to change that by teaching people that eating bugs doesn’t have to be weird and that it’s very beneficial.

You might be wondering, “Why are people saying we should eat bugs? What are the benefits?” Many experts predict that the number of people in the world will continue to increase and that the amount of agricultural land and water sources will decrease. That means there will be less crops and livestock available.

Humans need protein and other nutrients to grow and be healthy. Right now, most Australians get their protein from plants and animals. But what if those things became scarce? How else can people get their protein? Believe it or not, they can get it from eating bugs. Bugs are very healthy source of food. They contain a lot of protein, fibre, healthy fats, and important nutrients such as calcium and iron.

Grasshoppers have almost as much protein as lean ground beef, but less fat. Mealworms have a lot of the same health benefits as fish. Experts believe bugs are the food of the future. CSIRO has been and still are investigating bugs as our future food in Australia. The nutritionists and dieticians at ‘Bug Me’ are investigating the benefits of bugs in our diet and creating recipes to incorporate bugs into our meals.

By 2050, there will be more than 9 billion people on the planet. The United Nations estimates that to feed everyone, sustainable food production will have to increase by 70% and bugs will need to be a critical source of protein.

Another reason why people are excited about entomophagy is because they say it’ll help the environment. Raising livestock requires many resources. Think about a cow and how much space it needs. The bigger the animal, the more land, food (grain) and water needed to raise it. Think about growing crops. You need clean the air, healthy soil, sunlight, warm temperatures, and room for the plants to grow.

Bugs, on the other hand don’t need a lot of room or resources to grow. They could be fed and nurtured in almost any setting. Meal worms, for example, can be raised in plastic tubs. For food, all they need is a layer of oats or other grains. Then slices of potatoes, vegetables or fruit provide water to the worms. they don’t need sunlight. One more exciting thing about farming bugs is that it doesn’t require using special machinery, which means that anyone, could participate and earn money.

**Facts in Brief**

2 million people eat bugs regularly.

1,900 species of bugs eaten and enjoyed.

Agricultural land and water are decreasing.

Human population is rapidly increasing.

9 billion people by 2050

Need sustainable food.

Bugs high in protein, fibre, healthy fats with some calcium and iron

Need minimal space to grow.

Need minimal resources (e.g. food and water) to grow.

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| MARK YOURSELF |
|  | Check I did it | Looks same as Example |
| Highlight 7 paragraphs |  |  |
| Turn the paragraphs into a numbered list. |  |  |
| Highlight the text under subheading “Facts in Brief” |  |  |
| Click bulleted list icon |  |  |
| Create 4 rows using tab to make a multilevel list |  |  |
| Paragraph font Comic Sans |  |  |
| Paragraph size 16pt |  |  |
| Heading and Subheadings font Comic Sans |  |  |
| Heading and Subheadings font bold |  |  |
| Heading and Subheadings size 18pt |  |  |
| no space between each subheading and its paragraph |  |  |