**Man Eating Bugs**
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*Man Eating Bugs: The Art and Science of Eating Insects* is a non-fiction book by Peter Menzel and Faith D'Alusio.

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**Book summary**

The authors traveled to 13 countries to taste insects. The book talks about eating insects and how to harvest them. The insects in the book include *Theraphosa blondi* (a bird-eating tarantula), jumil stinkbugs, witchetty grub, and silkworms. Faith recommends that people who are new to insect eating start with insects that crisp up well when roasted and avoiding things like worms, which are too chewy, or cicadas, which are too fleshy and tough.[1]

**Reception**

It was reviewed by *Whole Earth*,[2] *New Scientist*,[3] and *Salt Lake Tribune*.[4]

**See also**
- Entomophagy
- *The Eat-A-Bug Cookbook*

**References**


**External links**
- The Independent (http://www.independent.co.uk/life-style/eating-insects-tickle-your-taste-buds-1070582.html)


Categories: 1998 books | Books about food and drink | Insects as food | Food and drink publication stubs

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1 Book summary.

The authors traveled to 13 countries to taste insects. The book talks about eating insects and how to harvest them. The insects in the book include Theraphosa blondi (a bird-eating tarantula), jumil stinkbugs, witchetty grub, and silkworms. They are also the co-authors of Man Eating Bugs and Robo sapiens: Evolution of a New Species. They live in Napa, California, and are the parents of Josh, Jack, Adam, and Evan. PETER MENZEL and FAITH D'ALUISIO are the co-creators of the books Material World: A Global Family Portrait and Women in the Material World. In general Peter Menzel and Faith D'Aluisio have written a book in "Man Eating Bugs: The Art and Science of Eating Insects" that is largely color photos. But what photos!
Man Eating Bugs: The Art and Science of Eating Insects is a non-fiction book by Peter Menzel and Faith D'Alusio. The authors traveled to 13 countries to taste insects. The book talks about eating insects and how to harvest them. The animals in the book include insects like jumil stinkbugs, witchetty grub, and silkworms, but also arachnids (not insects) like Theraphosa blondi (a bird-eating tarantula). Faith recommends that people who are new to insect eating start with insects that crisp up well when intentionally eating bugs triggers many responses. I say, â€œintentionallyâ€ because if you eat, you eat bugs or parts of bugs whether or not you want to admit it (there are FDA guidelines for amount of bug parts allowed in foods). Most Americans find the idea of eating bugs revolting. In other countries they are considered delicacies. Why Eat Bugs? Short answerÂ Some activist-entomophagists claim eating bugs will help save Earthâ€™s environment by reducing greenhouse gases, and bug-eating could solve world starvation.