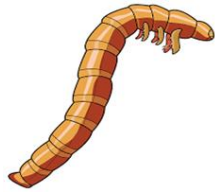


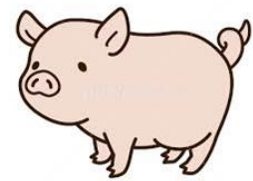
Futuristic Food ~Eating Insects~

Osaka Prefectural Kitano Senior High School

Why Do We Recommend Insects?



Insects(mealworm)	Pigs
CO2 1kg	CO2 100kg
little water	6000 liters
little space	open space



Nutrients of crickets (protein, fat, vitamins, calcium, iron, dietary fiber ...)

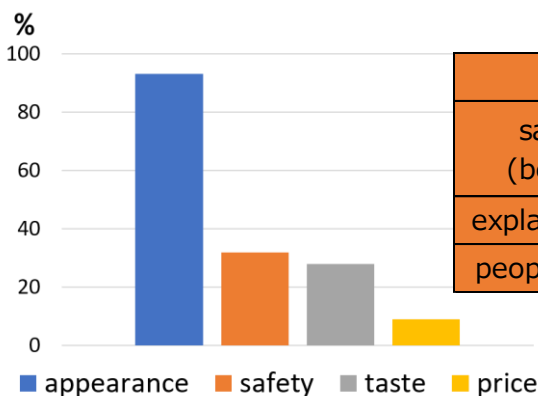
Protein → all 9 essential amino acids → Our body can't produce
 Dietary fiber → a lot of Chitin

1. Excretes harmful substances from the body
2. Prevents obesity
3. Boosts immunity

Experiment 1

~160 high school students~

Why don't you want to eat insects?



	Group A	Group B	Group C	Group D	Group E
food type	senbei	senbei	senbei	cricket	cricket
say it's insect (before eating)	×	○	○	○	○
explain protein crisis	×	○	×	○	×
people who ate (%)	90.1	81.8	77.4	71.4	72.4

Experiment 2 ~Raise Crickets~

- 1 month
- 2 types of box size
- Different feeds
- About 20°C



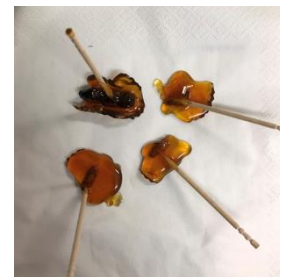
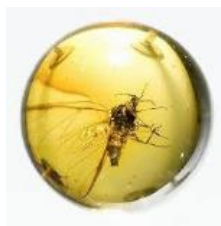
Let's Eat!! ~Fried Crickets~

- A) herbs or tea leaves → perilla(smell shiso), crab miso
- B) vegetables → umami, roasted smell
- C) jelly for insects → less taste, shrimp



Create Amber Candies

Sugar
 Insect inside
 Enjoy its unique shape and taste



Conclusion

- Create 2 types of recipe ①shapeless ②original shape → share photos on SNS
- Consider the breeding environment(size, moisture, temperature)
 - from Experiment 2
 - mass production