

UPCOMING CRICKET LESSON IN SOCIAL STUDIES

What: Sampling a snack made with cricket flour

Purpose: In social studies, we are talking about the decline of ancient civilizations. With this unit, we are looking at unsustainable practices that led to many civilizations' decline. Some reasons include irrigation problems, natural disasters, and bad farming practices, such as soil depletion and crop loss. We are making modern connections to present-day sustainability and agriculture problems. With this connection, we are looking at alternative options that many countries and societies utilize to combat their sustainability, population, and agriculture problems. One of these options is alternative food options, such as bugs/insects. 2 billion people in the world consume bugs/insects, including crickets, as part of their diet. We will be participating in a sampling of a snack made with cricket flour to experience this sustainable and healthy alternative food option.



Important Note: *This is a completely OPTIONAL experience for your student. You and she/he decide if she/he wants to participate. If you student chooses not to participate in the cricket snack, your student's grade will NOT be affected. There will be no positive or negative consequences (rewards or punishments) for trying or not trying. This is simply an experience connected to our unit that students can participate in if they choose.*

There will be cross-curricular connections with ELA and Science. For more information on the crickets, benefits, the company SEEK, ingredients, and stats, please read the back of this page.

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While it will be enough for your student to simply say NO THANK YOU when offered the sample, you may also complete the form below and return to me if you do not give permission or do not want your child to participate. If you are fine with this experience, there is no need to do anything. Please contact Ms. Thornton for questions and/or concerns.

I DO NOT want my child, _____ (name), to participate in this sampling activity.

(Parent Signature)

(Date)

WHY EAT CRICKETS?

Crickets Are More Efficient... crickets use 15x less water, 12x less feed and 14x less land than beef

...Environmentally Friendly... Beef produces over 2000x more methane gas (a pollutant) than crickets

...Super Healthy... crickets have 3x more protein than beef and 2x more iron than spinach

THE INGREDIENTS:

We work with talented chefs to deliver the tastiest, most nutritious cricket protein snacks on the planet. Plus, all our foods are: Gluten-free Soy-free Dairy-free GMO-free Paleo-friendly

We are proud to use Austin, Texas based **Aketa** cricket flour. All the crickets are fed a USDA certified organic feed and are processed in a gluten-free, certified organic kitchen.

What do crickets taste like? They tend to have an earthy, nutty flavor and ours are specially roasted to bring out the perfect flavor notes. We pair our crickets with complimentary ingredients, such as nuts, seeds, dried fruits and spices for the perfect taste combination. We pride ourselves in having a reduced ingredient list with only whole all natural ingredients that you can pronounce.

THE STATS:

1. Cricket Flour, Cricket Protein and Cricket Powder are all essentially the same thing! It is simply 100% all natural crickets ground up into a delicious, versatile cooking ingredient.
2. Crickets are a complete protein-- that means they contain all 9 essential amino acids that humans need to stay healthy. Most other non-meat foods are incomplete proteins.
3. Protein isn't the only powerful nutrient in crickets, they are also full of calcium, iron and omega 3's.
4. 95% of a cricket is edible, vs. only 40% for cows!
5. Over 80% of the world's nations eat insects, that's over 2 billion people! [Read more](#) from the United Nations FAO report on insects as the future of food and feed security.

THE OPTIONS:

<u>Coconut Cashew</u>	<u>Honey & Seeds</u>	<u>Banana PB&J</u>
Ingredients: dates, cashews, cricket flour (acheta domesticus), coconut flakes, hemp seeds, cinnamon, ginger, nutmeg	Ingredients: dates, sunflower seeds, pumpkin seeds, cricket flour (acheta domesticus), honey, sesame seeds, flax seeds, salt	Ingredients: golden raisins, peanuts, bananas, dates, cricket flour (acheta domesticus), maple syrup, cinnamon, salt
Allergen Information: Contains <u>coconut</u> and <u>cashews</u> . If you have a crustacean shellfish allergy, you may also be sensitive to crickets.	Allergen Information: If you have a crustacean shellfish allergy, you may also be sensitive to crickets.	Allergen Information: Contains <u>peanuts</u> . If you have a crustacean shellfish allergy, you may also be sensitive to crickets.

Note: The HONEY & SEEDS option does not have any nuts, but is processed in a facility that also processes peanuts and treenuts.