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ENTOMOPHAGY AND THE PRESERVATION OF HUMAN FOOD SECURITY

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ABSTRACT

Food security is a concern in many developing and less developed nations, owing to the rise in human population, as well as the decline in agricultural production and availability of food resources. Edible insects are a naturally occurring, renewable source of food that provides carbohydrates, proteins, lipids, minerals, and vitamins in addition to other nutrients. The practice of eating insects is widespread among ethnic groups in South America, Mexico, Africa, and Asia where indigenous insects are readily accessible and may be eaten in a variety of ways (raw/processed), as well as utilized as an ingredient or supplement in contemporary cuisine. Entomophagy, as a result, provides a chance to close the protein gap in human diets, notwithstanding a few limitations that have been addressed. In terms of food security, greater attention should be paid to evaluating and revalidating entomophagy in the context of contemporary living. Further study would be required to fully utilize insect biodiversity and ethno-entomophagy, to prevent overexploitation of these insects, and to start conservation efforts aimed at protecting insects.

KEYWORDS: *Agriculture, Entomophagy, Food Security, Insects, Production.*

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