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## Bugs for Lunch

Animals are not the only bug eaters around. Many people find bugs tasty, too. Bugs are nutritious and a lot less expensive to raise than cattle.



Giant water bugs are a delicacy in Thailand - either deep-fried or made into a sauce for dipping. Giant water bugs are sold by the kilo in open-air markets in many parts of the world.



Cicadas are another species of bug that is enjoyed around the world. Tastiest when fresh, cicadas are best collected in the middle of the night, just as they climb out of their burrows. They can be sautéed in butter and garlic or stir-fried with vegetables. Some people say they taste just like chicken!

It is quite probable that you have eaten your share of bugs without even knowing it. In fact, there are regulations about the amount of bug bits that food can legally contain. Bug parts in small quantities can be found in just about all processed foods, from peanut butter to tomato sauce. So the next time you unwrap that chocolate bar, try not to think about what else might be in it..



## Jokes

What starts with E and ends with E and only has one letter?

*An envelope.*

What travels around the world and stays in a corner?

*A stamp.*

What is given to you but used more by other people?

*Your name.*

What has a neck but no head?

*A bottle.*

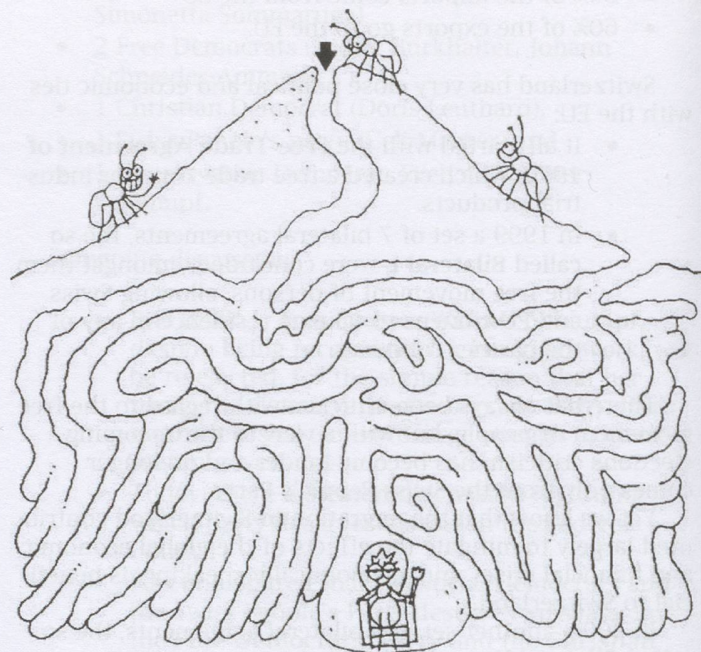
What increases its value by half if it is turned upside down?

*The number 6.*

What goes around the house but doesn't move?

*The fence.*

## Ant Hill Maze



Son: "Dad, there's a man at the door collecting for the new swimming pool."

Dad: "Give him a glass of water."

## Baby banana pancakes

### Ingredients:

- 2 bananas, cut into disks
- 1/4 cup wholemeal self-raising flour (for dusting)
- 1 cup wholemeal self-raising flour
- 1 tbsp sugar
- 1 egg
- 3/4 cup milk
- 50g butter, melted



### Method:

- Dust the bananas in the 1/4 cup of flour to coat.
- In a bowl, mix the batter by combining the 1 cup of flour with the egg and milk and sugar and whisking vigorously.
- Heat a frying pan and melt a little butter in it.
- Dip the banana disks in the batter and fry on each side until golden.