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Level 6

Cockroach milk may be the next superfood

28th May, 2018

<https://breakingnewsenglish.com/1805/180528-cockroach-milk.html>

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/1805/180528-cockroach-milk.html>

It might not be everyone's cup of tea, but scientists say cockroach milk could become a new superfood. Insect dairy could be the next big thing on supermarket shelves and in our diets. Scientists say insect milk could be a perfect non-dairy alternative to cow's milk, no matter how hard it might be for people to accept milk from bugs. Scientists studied the nutritional value of the milk from the Pacific Beetle cockroach. They discovered that the milk was much richer in nutrients than dairy milk. Scientists said: "A single crystal [of cockroach milk] is estimated to contain more than three times the energy of an equivalent mass of dairy milk." The crystals were also full of amino acids and proteins.

Most cockroaches do not actually produce milk. The Pacific Beetle cockroach is the only one known to feed milk to its young. However, milking enough cockroaches to satisfy a growing human population clearly isn't as easy as milking cows. An alternative is to try and replicate the milk in a lab using stem cell technology, and then turn this technique into a large-scale industrial process. A South African company called Gourmet Grubb has already started selling insect-milk ice cream. It says the milk is, "a sustainable, nature-friendly, nutritious, lactose-free, delicious, guilt-free dairy alternative of the future". It won't be too long before other companies jump on the bug-milk bandwagon.

Sources: <http://minnesota.cbslocal.com/2018/05/25/insect-milk-dairy-superfood/>
<https://www.sciencealert.com/scientists-think-we-should-start-drinking-cockroach-milk-superfood>
<http://abc7news.com/food/cockroach-milk-is-latest-superfood-trend-/3521839/>

WARM-UPS

1. COCKROACH MILK: Students walk around the class and talk to other students about cockroach milk. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

cup of tea / cockroach / milk / superfood / bugs / nutrients / energy / protein / crystal growing / human population / alternative / technology / delicious / guilt / bandwagon

Have a chat about the topics you liked. Change topics and partners frequently.

3. THE FUTURE: Students A **strongly** believe food from insects should be a big part of our future; Students B **strongly** believe it shouldn't. Change partners again and talk about your conversations.

4. SUPERFOODS: What do you know about these superfoods? Complete this table with your partner(s). Change partners often and share what you wrote.

	How good are they?	How much do you like them?
Cockroach milk		
Blueberries		
Sweet potato		
Salmon		
Avocado		
Spinach		

5. DAIRY: Spend one minute writing down all of the different words you associate with the word "dairy". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. INSECT FOOD: Rank these with your partner. Put the best appealing at the top. Change partners often and share your rankings.

- cockroaches
- ants
- crickets
- tarantula
- mealworms
- beetles
- scorpions
- termites

VOCABULARY MATCHING

Paragraph 1

- | | |
|-----------------------|--|
| 1. superfood | a. A new product, idea, craze, etc. that people think could be a big success in the near future. |
| 2. dairy | b. Any solid that has a symmetrical, ordered, three-dimensional collection of atoms or molecules. |
| 3. the next big thing | c. A nutrient-rich substance that people eat that is considered to be especially beneficial for health and well-being. |
| 4. alternative | d. Concerned with or involved in the production of milk. |
| 5. nutritional | e. Something that is available as another possibility or choice. |
| 6. crystal | f. Relating to the process of providing or obtaining the food necessary for health and growth. |
| 7. equivalent | g. Equal in value, amount, function, meaning, etc. |

Paragraph 2

- | | |
|---------------------------|--|
| 8. milking | h. Able to be maintained at a certain rate or level. |
| 9. replicate | i. Getting milk from a cow or other animal, either by hand or mechanically. |
| 10. lab | j. Very great in extent or amount. |
| 11. industrial | k. Not having the feeling of having done something wrong. |
| 12. sustainable | l. Make an exact copy of; reproduce. |
| 13. guilt-free | m. Join other people in doing or supporting something fashionable or something that is likely to be successful. |
| 14. jump on the bandwagon | n. A room or building for scientific experiments, research, or teaching, or for the manufacture of drugs or chemicals. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1805/180528-cockroach-milk.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. Scientists said cockroach milk in tea is very healthy. **T / F**
- b. The report said supermarket shelves are already full of cockroach milk. **T / F**
- c. Cockroach milk was found to be more nutritious than cow's milk. **T / F**
- d. Cockroach milk was lacking in amino acids. **T / F**
- e. Only one type of cockroach is known to produce milk. **T / F**
- f. The article said suggested it could be difficult to milk cockroaches. **T / F**
- g. A South African company started selling cockroach-milk ice cream. **T / F**
- h. Other companies will never join a bug-milk bandwagon. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|------------------------|----------------|
| 1. perfect | a. worth |
| 2. alternative | b. reproduce |
| 3. accept | c. offspring |
| 4. value | d. replacement |
| 5. estimated | e. fulfill |
| 6. young (noun) | f. ideal |
| 7. satisfy | g. delectable |
| 8. replicate | h. evaluated |
| 9. process | i. embrace |
| 10. delicious | j. operation |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---|-----------------------|
| 1. It might not be everyone's | a. milking cows |
| 2. the next big | b. of the milk |
| 3. a perfect non-dairy alternative | c. amino acids |
| 4. Scientists studied the nutritional value | d. bandwagon |
| 5. The crystals were also full of | e. to cow's milk |
| 6. the only one known to feed milk | f. industrial process |
| 7. clearly isn't as easy as | g. cup of tea |
| 8. replicate the milk | h. to its young |
| 9. turn this technique into a large-scale | i. in a lab |
| 10. jump on the bug-milk | j. thing |

GAP FILL

From <https://breakingnewsenglish.com/1805/180528-cockroach-milk.html>

It might not be everyone's cup of (1) _____, but scientists say cockroach milk could become a new superfood. Insect (2) _____ could be the next big thing on supermarket (3) _____ and in our diets. Scientists say insect milk could be a perfect non-dairy alternative to cow's milk, no matter how hard it might be for people to (4) _____ milk from bugs. Scientists studied the nutritional (5) _____ of the milk from the Pacific Beetle cockroach. They discovered that the milk was much richer in (6) _____ than dairy milk. Scientists said: "A single crystal [of cockroach milk] is estimated to (7) _____ more than three times the energy of an equivalent (8) _____ of dairy milk." The crystals were also full of amino acids and proteins.

shelves
value
mass
tea
contain
accept
dairy
nutrients

Most cockroaches do not (9) _____ produce milk. The Pacific Beetle cockroach is the only one known to feed milk to its young. However, milking enough cockroaches to (10) _____ a growing human population clearly isn't as easy as milking cows. An alternative is to try and (11) _____ the milk in a lab using stem cell technology, and then turn this (12) _____ into a large-scale (13) _____ process. A South African company called Gourmet Grubb has already started (14) _____ insect-milk ice cream. It says the milk is, "a sustainable, nature-friendly, nutritious, lactose-free, delicious, guilt-free dairy alternative of the (15) _____". It won't be too long before other companies jump on the bug-milk (16) _____.

replicate
technique
future
industrial
bandwagon
satisfy
selling
actually

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1805/180528-cockroach-milk.html>

- 1) a new superfood. Insect dairy could be the next big thing on _____
 - a. super-marketing shelves
 - b. supermarket shells
 - c. supra-market shells
 - d. supermarket shelves
- 2) alternative to cow's milk, no matter how hard it might be for people to _____ bugs
 - a. receipt milk from
 - b. except milk from
 - c. accept milk from
 - d. aspect milk from
- 3) They discovered that the milk was much _____
 - a. richer on new trails
 - b. richer in nutrients
 - c. richer in newt relents
 - d. richer on knew trenches
- 4) estimated to contain more than three times the energy of an equivalent _____ milk
 - a. amass of dairy
 - b. masses of dairy
 - c. massed of dairy
 - d. mass of dairy
- 5) The crystals were also full of amino _____
 - a. acid and proteins
 - b. acids and proteins
 - c. acids and protein
 - d. acid and protein
- 6) cockroaches to satisfy a growing human population clearly isn't as easy _____
 - a. was milking cows
 - b. has milking cows
 - c. 'twas milking cows
 - d. as milking cows
- 7) An alternative is to try and replicate the milk in a lab using _____
 - a. stern cell technology
 - b. storm cell technology
 - c. stems cell technology
 - d. stem cell technology
- 8) then turn this technique into a large-scale _____
 - a. industry all process
 - b. industry ail process
 - c. industrial process
 - d. industrially process
- 9) a sustainable, nature-friendly, nutritious, lactose-free, delicious, guilt-free _____
 - a. dairy alternatives
 - b. daily alternative
 - c. daily alternatives
 - d. dairy alternative
- 10) It won't be too long before other companies jump on the _____
 - a. bug-milk bend wagon
 - b. bug-milk bland wagon
 - c. bug-milk brand wagon
 - d. bug-milk bandwagon

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1805/180528-cockroach-milk.html>

It might not be everyone's (1) _____, but scientists say cockroach milk could become a new superfood. Insect dairy could be the (2) _____ on supermarket shelves and in our diets. Scientists say insect milk could be a (3) _____ alternative to cow's milk, no matter how hard it might be for people to accept milk from bugs. Scientists studied the (4) _____ the milk from the Pacific Beetle cockroach. They discovered that the milk was much richer in nutrients than dairy milk. Scientists said: "(5) _____ [of cockroach milk] is estimated to contain more than three times the energy of an equivalent (6) _____ milk." The crystals were also full of amino acids and proteins.

Most cockroaches (7) _____ produce milk. The Pacific Beetle cockroach is the (8) _____ to feed milk to its young. However, milking enough cockroaches to satisfy a growing human population clearly isn't as easy as milking cows. An (9) _____ try and replicate the milk in a lab using stem cell technology, and then turn (10) _____ a large-scale industrial process. A South African company called Gourmet Grubb has already started selling insect-milk ice cream. It says the milk is, "a sustainable, nature-friendly, nutritious, lactose-free, (11) _____ dairy alternative of the future". It won't be too long before other companies jump on the (12) _____.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1805/180528-cockroach-milk.html>

1. What drink did the article compare people's liking for cockroach milk to?
2. Where could we see insect dairy in the future?
3. What could insect milk be a perfect substitute for?
4. How many times more energy than cow's milk did cockroach milk have?
5. What were cockroach milk crystals full of?
6. How many types of cockroach are known to produce milk?
7. What technology could be used to reproduce cockroach milk?
8. What insect-milk product is a South African company producing?
9. What two things is the South African product free from?
10. What might other companies jump on?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1805/180528-cockroach-milk.html>

- 1) What drink did the article compare people's liking for cockroach milk to?
 - a) almond milk
 - b) soy milk
 - c) juice
 - d) tea
- 2) Where could we see insect dairy in the future?
 - a) schools
 - b) on supermarket shelves
 - c) in top restaurants
 - d) coffee shops
- 3) What could insect milk be a perfect substitute for?
 - a) almond milk
 - b) soy milk
 - c) cow's milk
 - d) camel's milk
- 4) How many times more energy than cow's milk did cockroach milk have?
 - a) over three times more
 - b) over four times more
 - c) over 30 times more
 - d) two times more
- 5) What were cockroach milk crystals full of?
 - a) folic acid
 - b) acetic acid
 - c) amino acids
 - d) sulphuric acid
- 6) How many types of cockroach are known to produce milk?
 - a) seven
 - b) one
 - c) dozens
 - d) 83
- 7) What technology could be used to reproduce cockroach milk?
 - a) molecular technology
 - b) hybrid technology
 - c) nanotechnology
 - d) stem cell technology
- 8) What insect-milk product is a South African company producing?
 - a) ice cream
 - b) butter
 - c) yoghurt
 - d) milk shakes
- 9) What two things is the South African product free from?
 - a) cholesterol and taste
 - b) lactose and taste
 - c) lactose and guilt
 - d) nature and guilt
- 10) What might other companies jump on?
 - a) a bus
 - b) a bandwagon
 - c) a cockroach
 - d) a chance

ROLE PLAY

From <https://breakingnewsenglish.com/1805/180528-cockroach-milk.html>

Role A – Cockroaches

You think cockroaches are the most appealing insects for food. Tell the others three reasons why. Tell them what is wrong with their insects. Also, tell the others which is the least appetizing of these (and why): ants, worms or scorpions.

Role B – Ants

You think ants are the most appealing insects for food. Tell the others three reasons why. Tell them what is wrong with their insects. Also, tell the others which is the least appetizing of these (and why): cockroaches, worms or scorpions.

Role C – Worms

You think worms are the most appealing insects for food. Tell the others three reasons why. Tell them what is wrong with their insects. Also, tell the others which is the least appetizing of these (and why): ants, cockroaches or scorpions.

Role D – Scorpions

You think scorpions are the most appealing insects for food. Tell the others three reasons why. Tell them what is wrong with their insects. Also, tell the others which is the least appetizing of these (and why): ants, worms or cockroaches.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1805/180528-cockroach-milk.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'cockroach' and 'milk'.

cockroach	milk

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• cup• big• hard• value• single• full	<ul style="list-style-type: none">• actually• young• easy• turn• free• jump
--	--

COCKROACH MILK SURVEY

From <https://breakingnewsenglish.com/1805/180528-cockroach-milk.html>

Write five GOOD questions about cockroach milk in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

COCKROACH MILK DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'cockroach'?
3. What do you know about cockroaches?
4. What do you think of milk?
5. What do you think of drinking cockroach milk?
6. What alternatives are there to milk?
7. How strange is it that we drink cow's milk?
8. Why do we need amino acids and proteins?
9. What other superfoods do you know about?
10. What is the best way to use milk in food?

Cockroach milk may be the next superfood – 28th May, 2018
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COCKROACH MILK DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'milk'?
13. What do you think about what you read?
14. How good is milk for us?
15. Would you buy cockroach milk if it was better than cow's milk?
16. How could insects solve the world's food problems?
17. Is lab-made cockroach milk preferable to milked cockroach milk?
18. Would you like to try the cockroach-milk ice cream?
19. What insect products should companies make?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/1805/180528-cockroach-milk.html>

It might not be everyone's cup of (1) _____, but scientists say cockroach milk could become a new superfood. Insect dairy could be the next (2) _____ thing on supermarket shelves and in our diets. Scientists say insect milk could be a perfect non-dairy (3) _____ to cow's milk, no matter how hard it might be for people to accept milk from bugs. Scientists studied the nutritional (4) _____ of the milk from the Pacific Beetle cockroach. They discovered that the milk was much richer in nutrients than dairy milk. Scientists said: "A (5) _____ crystal [of cockroach milk] is estimated to contain more than three times the energy of an equivalent (6) _____ of dairy milk." The crystals were also full of amino acids and proteins.

Most cockroaches do not (7) _____ produce milk. The Pacific Beetle cockroach is the only one known to feed milk to its young. However, milking (8) _____ cockroaches to satisfy a growing human population clearly isn't as easy as milking cows. An alternative is to try and (9) _____ the milk in a lab using stem cell technology, and then turn (10) _____ technique into a large-scale industrial process. A South African company called Gourmet Grubb has already started selling insect-milk ice cream. It says the milk is, "a (11) _____, nature-friendly, nutritious, lactose-free, delicious, guilt-free dairy alternative of the future". It won't be too long before other companies (12) _____ on the bug-milk bandwagon.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|-----------------|-------------------|---------------|-----------------|
| 1. | (a) milk | (b) tea | (c) coffee | (d) soup |
| 2. | (a) white | (b) big | (c) dairy | (d) wet |
| 3. | (a) alter | (b) alternatively | (c) alternate | (d) alternative |
| 4. | (a) valuation | (b) value | (c) valuable | (d) values |
| 5. | (a) dongle | (b) single | (c) angle | (d) dangle |
| 6. | (a) blob | (b) lump | (c) mass | (d) globule |
| 7. | (a) verily | (b) actuary | (c) actually | (d) reality |
| 8. | (a) plenty | (b) suffice | (c) enough | (d) ample |
| 9. | (a) signal | (b) portray | (c) sedate | (d) replicate |
| 10. | (a) this | (b) then | (c) a | (d) an |
| 11. | (a) sustainable | (b) tolerant | (c) tropical | (d) boisterous |
| 12. | (a) erect | (b) sing | (c) jump | (d) milk |

SPELLING

From <https://breakingnewsenglish.com/1805/180528-cockroach-milk.html>

Paragraph 1

1. supermarket lsesehv
2. a perfect non-dairy laieearvtt
3. richer in trnseintu than dairy milk
4. stiedemat to contain more
5. an utanliegev mass of dairy milk
6. full of amino acids and poistenr

Paragraph 2

7. staysfi a growing human population
8. try and ieplraetc the milk in a lab
9. turn this quchietne into a...
10. uudarints process
11. sleasnbaitu, nature-friendly...
12. jump on the bug-milk bgodwnaa

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1805/180528-cockroach-milk.html>

Number these lines in the correct order.

- () could be a perfect non-dairy alternative to cow's milk, no matter how hard it might be
- () selling insect-milk ice cream. It says the milk is, "a sustainable, nature-friendly, nutritious, lactose-free, delicious, guilt-
- () cockroach. They discovered that the milk was much richer in nutrients than dairy milk. Scientists said: "A single
- () known to feed milk to its young. However, milking enough cockroaches to satisfy a growing
- () crystal [of cockroach milk] is estimated to contain more than three times the energy of
- () Most cockroaches do not actually produce milk. The Pacific Beetle cockroach is the only one
- (**1**) It might not be everyone's cup of tea, but scientists say cockroach milk could become a new superfood. Insect dairy could
- () free dairy alternative of the future". It won't be too long before other companies jump on the bug-milk bandwagon.
- () replicate the milk in a lab using stem cell technology, and then turn this technique into a large-
- () scale industrial process. A South African company called Gourmet Grubb has already started
- () an equivalent mass of dairy milk." The crystals were also full of amino acids and proteins.
- () be the next big thing on supermarket shelves and in our diets. Scientists say insect milk
- () human population clearly isn't as easy as milking cows. An alternative is to try and
- () for people to accept milk from bugs. Scientists studied the nutritional value of the milk from the Pacific Beetle

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1805/180528-cockroach-milk.html>

1. everyone's be tea . of might not cup It
2. big thing shelves . supermarket next The on
3. how No matter it hard be . might
4. in dairy nutrients than Much richer milk .
5. the mass . of times an Three equivalent energy
6. cockroaches actually milk . not produce Most do
7. to population . Milking growing satisfy enough cockroaches a
8. lab in using technology . Replicate the milk a stem-cell
9. alternative the future . delicious, of dairy guilt-free A
10. bandwagon . Before other companies bug-milk on the jump

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1805/180528-cockroach-milk.html>

It might not be everyone's *cup / mug* of tea, but scientists say cockroach milk could become a new superfood. Insect dairy could be the next *bigger / big* thing on supermarket *shelves / racks* and in our diets. Scientists say insect milk could be a *perfect / prefect* non-dairy alternative to cow's milk, no matter how hard it might be for people to *accept / acceptance* milk from bugs. Scientists studied the nutritional *valuable / value* of the milk from the Pacific Beetle cockroach. They discovered that the milk was much *rich / richer* in nutrients than dairy milk. Scientists said: "A *singled / single* crystal [of cockroach milk] is estimated to *contain / contents* more than three times the energy of an equivalent *mass / mast* of dairy milk." The crystals were also full of amino acids and proteins.

Most cockroaches do not *actual / actually* produce milk. The Pacific Beetle cockroach is the only one known to *fed / feed* milk to its young. However, milking enough cockroaches to *putrefy / satisfy* a growing human population clearly isn't *as / was* easy as milking cows. An alternative is to try and replicate the milk *on / in* a lab using stem cell technology, and then turn this technique into a large-scale industrial *process / procession*. A South African company called Gourmet Grubb has *still / already* started selling insect-milk ice cream. It says the milk is, "a *sustenance / sustainable*, nature-friendly, nutritious, lactose-free, delicious, *guilt-free / guilty-free* dairy alternative of the future". It won't be too long before other companies *jump / bump* on the bug-milk bandwagon.

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/1805/180528-cockroach-milk.html>

It m_g h t n_t b_ _v_r y_n_'s c_p _f t_ , b_t s
c__ n t_s t_s s_y c_c k r__ c h m_l k c__ l d b_c_m_
_ n_w s_p_r f__ d. I n s_c t d__ r y c__ l d b_ t h_
n_x t b_g t h_n g _n s_p_r m_r k_t s h_l v_s _n d _n
__ r d__ t_s. S c__ n t_s t_s s_y _n s_c t m_l k c__
l d b_ _ p_r f_c t n_n - d__ r y _l t_r n_t_v_ t_ c_w 's
m_l k , n_ m_t t_r h_w h_r d _t m_g h t b_ f_r
p__ p_l_ t_ _c c_p t m_l k f_r m b_g s. S c__ n t_s t
s s t_d__ d t h_ n_t r_t__ n_l v_l__ _f t h_ m_l k f
r_m t h_ P_c_f_c B__ t_l_ c_c k r__ c h. T h_y d_s
c_v_r_d t h_t t h_ m_l k w_s m_c h r_c h_r _n n_t
r__ n t_s t h_n d__ r y m_l k. S c__ n t_s t_s s__ d:
" A s_n g_l_ c_r y_s t_l [_f c_c k r__ c h m_l k] _s
_s t_m_t_d t_ c_n t__ n m_r_ t h_n t h_r__ t_m_s t
h_ _n_r g_y _f _n _q__ v_l_n t m_s s _f d__ r y m_l k
." T h_ c_r y_s t_l s w_r_ l_s _f_l l _f _m_n_ _c_d s
_n d p_r_t__ n s .

M_s t c_c k r__ c h_s d_ n_t _c t__ l l y p_r_d_c_ m_l
k. T h_ P_c_f_c B__ t_l_ c_c k r__ c h _s t h_ _n l y
n k n_w n t_ f__ d m_l k t_ _t_s y__ n g .
H_w_v_r , m_l k_n g _n__ g h c_c k r__ c h_s t_ s_t_s
f_y _g_r_w_n g h_m_n p_p_l_t__ n c_l__ r l y _s n't
_s __ s_y _s m_l k_n g c_w s. A n _l t_r n_t_v_ _s
t_ t_r y _n d r_p_l_c_t_ t h_ m_l k _n _l_b _s_n g s
t_m c_l l t_c h_n_l_g_y , _n d t h_n t_r n t h_s t_c
h_n_q__ _n t_ _l_r g_- s_c_l_ _n d_s t_r__ l p_r_c_s_s .
A S__ t h A_f_r_c_n c_m_p_n y c_l l d G__ r m_t G
r_b b h_s _l_r__ d y s_t_r t_d s_l_l_n g _n s_c t - m_l k
c c_r__ m. I t s_y s t h_ m_l k _s , "_ s_s t__
n_b_l_ , n_t_r_- f_r__ n d l y , n_t_r_t__ s , l_c t_s_- f
r__ , d_l_c__ s , g__ l t - f_r__ d__ r y _l t_r n_t_v_
f t h f_t_r". I t w_n't b_ t__ l_n g b_f_r_t
h_r c_m_p_n__ s j_m_p _n t h_ b_g - m_l k b_n d
w_g_n .

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/1805/180528-cockroach-milk.html>

it might not be everyones cup of tea but scientists say cockroach milk could become a new superfood insect dairy could be the next big thing on supermarket shelves and in our diets scientists say insect milk could be a perfect nondairy alternative to cows milk no matter how hard it might be for people to accept milk from bugs scientists studied the nutritional value of the milk from the pacific beetle cockroach they discovered that the milk was much richer in nutrients than dairy milk scientists said a single crystal of cockroach milk is estimated to contain more than three times the energy of an equivalent mass of dairy milk the crystals were also full of amino acids and proteins

most cockroaches do not actually produce milk the pacific beetle cockroach is the only one known to feed milk to its young however milking enough cockroaches to satisfy a growing human population clearly isnt as easy as milking cows an alternative is to try and replicate the milk in a lab using stem cell technology and then turn this technique into a largescale industrial process a south african company called gourmet grubb has already started selling insectmilk ice cream it says the milk is a sustainable naturefriendly nutritious lactosefree delicious guiltfree dairy alternative of the future it wont be too long before other companies jump on the bugmilk bandwagon

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1805/180528-cockroach-milk.html>

It might not be everyone's cup of tea, but scientists say cockroach milk could become a new superfood. Insect dairy could be the next big thing on supermarket shelves and in our diets. Scientists say insect milk could be a perfect non-dairy alternative to cow's milk, no matter how hard it might be for people to accept milk from bugs. Scientists studied the nutritional value of the milk from the Pacific Beetle cockroach. They discovered that the milk was much richer in nutrients than dairy milk. Scientists said: "A single crystal [of cockroach milk] is estimated to contain more than three times the energy of an equivalent mass of dairy milk." The crystals were also full of amino acids and proteins. Most cockroaches do not actually produce milk. The Pacific Beetle cockroach is the only one known to feed milk to its young. However, milking enough cockroaches to satisfy a growing human population clearly isn't as easy as milking cows. An alternative is to try and replicate the milk in a lab using stem cell technology, and then turn this technique into a large-scale industrial process. A South African company called Gourmet Grubb has already started selling insect-milk ice cream. It says the milk is, "a sustainable, nature-friendly, nutritious, lactose-free, delicious, guilt-free dairy alternative of the future". It won't be too long before other companies jump on the bug-milk bandwagon.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. COCKROACH MILK: Make a poster about cockroach milk. Show your work to your classmates in the next lesson. Did you all have similar things?

4. FOOD FROM INSECTS: Write a magazine article about producing more food from insects. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on cockroach milk. Ask him/her three questions about it. Give him/her three of your ideas on how we could produce more food from insects. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. c 2. d 3. a 4. e 5. f 6. b 7. g
8. i 9. l 10. n 11. j 12. h 13. k 14. m

TRUE / FALSE (p.5)

- a F b F c T d F e T f T g T h F

SYNONYM MATCH (p.5)

- | | |
|--------------------------|----------------|
| 1. perfect | a. worth |
| 2. alternative | b. reproduce |
| 3. accept | c. offspring |
| 4. value | d. replacement |
| 5. estimated | e. fulfill |
| 6. young (<i>noun</i>) | f. ideal |
| 7. satisfy | g. delectable |
| 8. replicate | h. evaluated |
| 9. process | i. embrace |
| 10. delicious | j. operation |

COMPREHENSION QUESTIONS (p.9)

- Tea
- On supermarket shelves (& diets)
- Cow's milk
- Over three times more
- Amino acids and proteins
- One
- Stem cell technology
- Ice cream
- Lactose and guilt
- The bug-milk bandwagon

WORDS IN THE RIGHT ORDER (p.20)

- It might not be everyone's cup of tea.
- The next big thing on supermarket shelves.
- No matter how hard it might be.
- Much richer in nutrients than dairy milk.
- Three times the energy of an equivalent mass.
- Most cockroaches do not actually produce milk.
- Milking enough cockroaches to satisfy a growing population.
- Replicate the milk in a lab using stem-cell technology.
- A delicious, guilt-free dairy alternative of the future.
- Before other companies jump on the bug-milk bandwagon.

MULTIPLE CHOICE - QUIZ (p.10)

1. d 2. b 3. c 4. a 5. c 6. b 7. d 8. a 9. c 10. b

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)