



insect



chef

nutrients

diet

edible



amount

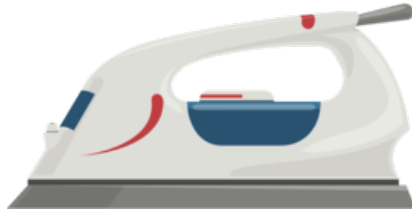
poisonous



difficult



common



iron

calcium