

# Entertainment

books

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## Edible info

By Suwittha Chaiyong

### Thai teen writes a ground-breaking book



Photos by Varuth Hiranyathab

It might surprise many to learn that some **insects** contain more protein per 100 grams than pork, chicken or beef. That is one of the many interesting facts contained in the new book, *Edible Insects and Other Natural Sources of Nutrients*, written by 16-year-old Thai student Prima Yontrarak (Pat).

The book, which is available in both Thai and English editions, was adapted from Pat's own research paper from two years ago. Pat became curious about eating insects when she noticed that Issan children usually looked healthy, despite often coming from **underprivileged** backgrounds. She discovered that Issan people receive nutrition from insects and other small **edible** animals like bullfrogs and common **chameleons**.

Student Weekly recently met up with

this talented year 11 student from Harrow International School (Bangkok) at the Nanmee Books publishing office. Pat told us about her research and her book.

**Student Weekly** How did you come up with the idea for your research?

**Pat** I'm a founder of a **community service** group called The Lionheart Society. Through our community services, I've visited Nakhon Ratchasima many times. I noticed that even though students there were poor, they always looked

### Vocabulary

**INSECT (n):**

any small creature with six legs and a body divided into three parts

**UNDERPRIVILEGED (adj):**

having less money and fewer opportunities than most people in society

**EDIBLE (n):**

fit or suitable to be eaten; not poisonous

**CHAMELEON (n):**

a small lizard that can change colour according to its surroundings

**COMMUNITY SERVICE (n):**

work helping people in the local community that somebody does without being paid

**DATA (n):**

facts or information, especially when examined and used to find out thing or to make decisions