



It's hard to say what is normal and what is weird where food is concerned – it all depends on the taste of the individual and which part of the world you come from. One person's nightmare is another person's delicacy. Here are a few of the strangest (or most normal) types of food from around the world.

**Haggis (Scotland)** A world-famous dish, haggis is made from the parts of a sheep many people would throw away. The heart, lungs and liver are mixed together with onion, spices and oatmeal, then put inside a sheep's stomach and boiled for three hours.



**Brain sandwiches (USA)** These are not as common as they were in the past, but in parts of Ohio you can still get fried brains served on hamburger buns. Brains don't have much flavour, so you eat the sandwiches with plenty of sauce.



**Insects (Asia, Africa and South America)** Many insects are high in protein and contain important fatty acids and vitamins. In Thailand it's common to find fried grasshoppers, crickets, scorpions and worms on sale in the street. In Cambodia fried tarantula are a delicacy; people eat the legs two at a time.

**Hakarl (Iceland)** This has been described as the most disgusting food ever. Made by fermenting a Greenland or Basking shark for two to four months, hakarl smells of ammonia (like the bleach used for cleaning). It is available all year round in Icelandic stores and often served in cubes on toothpicks.

**Sannakji (Korea)** Now that Japanese sushi is popular all over the world, many people are used to eating raw fish. But this Korean delicacy is quite different, since the seafood isn't dead. Sannakji consists of baby octopus which are sliced up while alive; the tentacles are still wriggling about when the dish is served. If you don't chew the octopus carefully, there's a real danger that the tiny suction cups can stick to your mouth and throat and choke you.



**Fugu (Japan)** Fugu is the famous Japanese puffer fish, filled with enough of the poison tetrodotoxin to be lethal. Chefs have to be trained for two to three years before they can prepare the fish. Fugu actually tastes quite bland; the excitement is in surviving the experience of eating it.

**Casu Marzu (Italy)** More live food, this time from Sardinia in Italy. Casu marzu is a cheese made with fly larvae, or maggots, to promote a level of fermentation that is close to decomposition. It is traditionally served with live insect larvae still inside. The tiny, translucent worms can jump 15 cm if disturbed, so many people prefer to brush them off before trying the smelly cheese.