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**Abstract** – max 150 words:

*Will insects be a superfood in the future? Here, we investigated how termites (a type of social insect) are used as food in Benin, West Africa. By examining the nutritional value of these insects, which are eaten widely across sub-saharan Africa, we can estimate what role they can play in providing an individuals recommended daily allowance for nutrition. Unexpectedly, we found that termites contained had extremely high levels of the mineral manganese, which while required in small amounts, can be toxic at high levels. Our project revealed that studying what nutrient components different insects contain will be vital to allow insects to be a safe and useful food for the future.*