

# Activity 1

## Vegetarian Food Choices

### Vegetarians and Healthful Food Choices

**Purpose:** To review the types of vegetarians and their food choices.

**Directions:** Using information from the text, write the word or words that correctly complete each statement in the space provided to the left of each number.

- \_\_\_\_\_ 1. \_\_\_?\_\_\_ eat only foods from plant sources.
  
- \_\_\_\_\_ 2. People who fit this description eat only foods such as grain products and  
\_\_\_\_\_ \_\_\_?\_\_\_ \_\_\_?\_\_\_ and peas.
  
- \_\_\_\_\_ 3. Vegetarians also eat fruits, vegetables, nuts, and \_\_\_?\_\_\_ to balance their  
eating plans and provide recommended food amounts.
  
- \_\_\_\_\_ 4. Lacto-vegetarians are distinguished by eating \_\_\_?\_\_\_ products in addition to  
foods from plant sources.
  
- \_\_\_\_\_ 5. \_\_\_?\_\_\_, a third group of vegetarians, eat eggs as well as foods from plant  
sources.
  
- \_\_\_\_\_ 6. People choose to become vegetarians for many reasons. \_\_\_?\_\_\_ benefits are  
one attraction.
  
- \_\_\_\_\_ 7. They know vegetarian eating plans can provide enough \_\_\_?\_\_\_ from  
nonanimal sources to meet their nutrient needs and still be relatively  
low in \_\_\_?\_\_\_.
  
- \_\_\_\_\_ 8. When choosing the vegetarian lifestyle, a person must exercise caution  
because some nutrients, such as \_\_\_?\_\_\_ and \_\_\_?\_\_\_, are not found in foods  
from plant sources.
  
- \_\_\_\_\_ 9. A \_\_\_?\_\_\_ eats only the ripe fruits of plants and trees.

**Activity 2****Vegetarian Food Choices**

## Vegetarian True or False

**Purpose:** To describe reasons why people choose vegetarianism.

**Directions:** Determine whether each statement below is true or false. If the statement is true, write “T” in the space provided to the left of the number. If the statement is false, write “O” in the space provided to the left of the number.

- \_\_\_\_\_ 1. Many people choose to be vegetarians because they like to pay more for their food.
- \_\_\_\_\_ 2. Vegetarian diets tend to be high in fiber and low in saturated fat and cholesterol.
- \_\_\_\_\_ 3. Due to the extra work involved in digesting plant sources, many vegetarians are more likely to suffer from heart disease, hypertension, and cancers.
- \_\_\_\_\_ 4. Some religions oppose killing animals in support of a non-violent respect for living things.
- \_\_\_\_\_ 5. Livestock are more efficient than plants because they can turn 1 pound of grains or soybeans into 7 to 8 pounds of meat.
- \_\_\_\_\_ 6. Eating a vegetarian diet is generally uninteresting.
- \_\_\_\_\_ 7. There are many meat and dairy substitutes available on the market today.
- \_\_\_\_\_ 8. A vegetarian diet is guaranteed to provide good nutrition.
- \_\_\_\_\_ 9. It is helpful to identify vegetarian foods that you already enjoy.
- \_\_\_\_\_ 10. Vegetarians who do not eat dairy products can substitute calcium-fortified soy milk and soy yogurt.

# Activity 3

## Vegetarian Food Choices

### Vegetarian Word Wonders

**Purpose:** To understand key words in vegetarianism.

**Directions:** For each definition below, write the correct word or words in the space provided to the left of each statement. Choose your words from the list that follows. Each word is used only once.

lacto-vegetarian

lacto-ovo-vegetarian

ovo-vegetarian

quorn

seitan

semi-vegetarian

fruitarian

tempeh

vegan

vegetarian

- \_\_\_\_\_ 1. Eats no red meat but does eat poultry and fish.
- \_\_\_\_\_ 2. Pressed cake of fermented, cooked soybeans mixed with rice.
- \_\_\_\_\_ 3. Only eats food from plant sources.
- \_\_\_\_\_ 4. Wheat gluten that has been simmered in a broth and flavored with ginger, garlic, soy sauce, and seaweed.
- \_\_\_\_\_ 5. Introduced in the United States in 2002, it comes from a fungal protein in the mushroom family that is mixed with egg white and vegetable oil.
- \_\_\_\_\_ 6. People who eat food from plant sources and eggs.
- \_\_\_\_\_ 7. Someone who does not eat meat, poultry, or fish.
- \_\_\_\_\_ 8. People who eat plant foods and dairy products.
- \_\_\_\_\_ 9. People who eat foods from plant sources, dairy products, and eggs.
- \_\_\_\_\_ 10. People who eat food from plant sources that do not kill the plant.