

ACTIVITY

Who's Eating What?

Directions: There are four different types of vegetarians: ovo-vegetarian, lacto-vegetarian, lacto-ovo-vegetarian, and vegan. Analyze the meals listed below and identify the type of vegetarian eating style for which that meal would be typical. Write the type of style on the line provided.

- _____ 1. For dinner, Donovan made a casserole that contained broccoli, cauliflower, carrots, rice, and tempeh.
- _____ 2. Kira is planning dinner for her friends. She decides on a menu of egg drop soup, fried rice, and vegetables, with fruit salad for dessert.
- _____ 3. For lunch, Reagan ate an egg salad sandwich, a glass of milk, and a handful of nuts.
- _____ 4. When the basketball team went for pizza after practice, Noah ordered his with extra cheese, onions, and green peppers.
- _____ 5. Lakisha's favorite breakfast is scrambled eggs topped with salsa and melted cheddar cheese.
- _____ 6. For dessert, Jorge often has a dish of soy yogurt with fruit topping.
- _____ 7. Elisa ordered a soy burger, cheese fries, and a milkshake for her lunch.
- _____ 8. When he got home from school, Spencer snacked on a deviled egg, some dried apricots, and a glass of iced tea.
- _____ 9. For Sunday brunch, Zoe served her family a spinach and cheese quiche, wheat toast, and orange juice.
- _____ 10. A bowl of whole grain cereal with soy milk and fresh strawberries is Manuel's favorite breakfast.

ACTIVITY

Vegetarian Nutrient Solutions

Directions: Vegetarians can get enough of each nutrient by choosing foods carefully. Complete the chart below by listing foods that will help vegetarians meet their needs for the nutrients indicated.

Nutrient Needed	Foods
1. Energy	
2. Protein	
3. Calcium	
4. Vitamin D	
5. Vitamin B ₁₂	
6. Iron	
7. Zinc	

Directions: Write answers to the following questions on the lines provided.

8. Why do people eating a vegan meal sometimes feel full before they have eaten enough calories or nutrients?

9. What are some of the reasons a person might have for choosing to be a vegetarian?

ACTIVITY

Old Favorites Vegetarian Style

Directions: Often it's quite easy to modify a recipe to make a vegetarian version of it. For each dish described below, suggest changes to make the dish suitable for the vegetarian eating style indicated.

1. Casserole made of hamburger, tomatoes, rice, onions, and cheese.

Vegan: _____

2. Lasagna made of sausage, hamburger, mozzarella cheese, and ricotta cheese.

Lacto-ovo-vegetarian: _____

Ovo-vegetarian: _____

3. Pasta and grilled chicken in a white sauce made with cream and cheese.

Lacto-ovo-vegetarian: _____

Ovo-vegetarian: _____

Directions: In column on the left, write the ingredients of a non-vegetarian recipe. In the column on the right, modify the ingredients to make the dish suitable for a vegetarian eating plan.

_____	_____
_____	_____
_____	_____
_____	_____

For which vegetarian eating style(s) would your recipe be appropriate? _____
