



Vegetarian

Name: _____

Hour: _____

VIDEO WORKSHEET

Review

Directions: After watching "Vegetarian" answer the following questions.

1. What is a vegan?
2. What is the difference between ovo- and lacto-vegetarians?
3. What is a flexitarian?
4. The most common type of vegetarian is:
5. What are some foods that can be vegetarian?

6. Why shouldn't you crack an egg over your mixing bowl? What should you do instead?

7. Meat provides important nutrients. Where can vegetarians get these nutrients found in meat?

Protein:

Iron and zinc:

Calcium, vitamin B2, vitamin B12:

8. What are complementary proteins?

9. What are some examples of complementary proteins?

10. Why do people choose to become a vegetarian?



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TEACHER'S KEY

Review

Directions: After watching "Vegetarian" answer the following questions.

1. What is a vegan?

Vegans are the strictest types of vegetarian. It is a lifestyle that does not eat or use any form of animal product.

2. What is the difference between ovo- and lacto-vegetarians?

Lacto: will eat dairy, no eggs

Ovo: will eat eggs, no dairy

3. What is a flexitarian?

A flexitarian maintains a vegetarian diet most of the time but occasionally will eat meat, fish, or poultry.

4. The most common type of vegetarian is: *lacto-ovo (eats dairy and eggs)*

5. What are some foods that can be vegetarian?

Quesadillas, burritos, lasagna, stir-fry, soup, pasta

6. Why shouldn't you crack an egg over your mixing bowl? What should you do instead?
The egg might be bad and could waste the ingredients already in the mixing bowl. Instead, crack the egg over a custard cup and inspect it before adding it to the other ingredients.

7. Meat provides important nutrients. Where can vegetarians get these nutrients found in meat?

Protein: *legumes, nuts, eggs, soy foods*

Iron and zinc: *whole grain cereals, legumes, green leafy vegetables*

Calcium, vitamin B2, vitamin B12: *milk, yogurt, cheese*

8. What are complementary proteins?

Plant foods, like grains, beans, legumes, nuts, seeds, and vegetables contain proteins. Individually they are incomplete, but when eaten in combination they form a complete protein.

9. What are some examples of complementary proteins?

Rice and beans, peanut butter sandwich, hummus and pita bread, macaroni and cheese, bean burrito, milk and cereal

10. Why do people choose to become a vegetarian?

Culture, healthy lifestyle, don't like the taste of meat, concerns for animals, the environment



Easy Black Bean Chili

- 1 T. vegetable oil
- 1 clove minced garlic
- 1 onion, chopped
- 2-14 oz. cans Mexican diced tomatoes
- 1-14 oz. can black beans, rinsed
- 1 tsp. chili powder
- ½ tsp. cumin

1. Add oil to large saucepan.
2. Sauté onion and garlic in oil, until onions are translucent.
3. Add tomatoes and rinsed black beans.
4. Add chili powder and cumin.
5. Simmer for 10 minutes and serve.

Easy Cornbread

- 1 1/4 c. all-purpose flour
- 3/4 c. cornmeal
- 1/4 c. sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1 c. skim milk
- 1/4 c. vegetable oil
- 1 egg, beaten

1. Heat oven to 400 degrees F. Grease 8 or 9 inch square pan.
2. Combine dry ingredients.
3. Stir in milk, oil and egg until moistened.
4. Pour into pan. Bake 20 to 25 minutes or until golden brown.