

So what is a vegetarian?

Vegetarians are just like everyone else and eat everything apart from meat, fish or any other foods for which an animal had to die.

Vegetarians DO eat pizza, curry, spaghetti bolognese, chilli, stir-fry, pasta, cheese, beans, jacket potatoes, eggs, veggie sausages and burgers (including Quorn™), lasagne, ratatouille, wraps, stew, quiche and a huge variety of fruits and vegetables. Vegetarians eat lots and lots of really tasty stuff ... even ice cream, chocolate, chips and crisps!

One of the great things about a vegetarian diet is that it can be full of healthy, fresh, nutritious, delicious food.

Draw circles around the pictures of the foods that you think vegetarians can eat and drink. What is your favourite veggie food?



A Vegetarian doesn't eat....

Red Meat

including beef burgers, hamburgers, pork, lamb, meat sausages, steak, bacon, ham, mince, and salami.



Poultry and Game

such as chicken, chicken nuggets, turkey, pheasant, duck and rabbit.



Seafood

including cod, haddock, fish fingers, tuna, salmon, fishcakes, sardines, shark, prawns, cockles, mussels, crab and lobster.



And...

Rennet – taken from the stomach of young cows and used to make cheese. Vegetarian cheese doesn't contain animal rennet.

Gelatine – made from boiling the skin, bones and other parts of animals. Gelatine is sometimes found in some jelly sweets, marshmallows, margarine, jellies and yoghurts. Check the label!



What animal does beef come from?

Beef comes from different parts of a **cow**.



What are meat sausages usually made from?

Meat sausages are usually made from various parts of a **pig** or **cow**.



Where do sardines and tuna come from?

The sea! Sardines and tuna are both types of fish.



What are meat kebabs made from?

Kebabs are made from many different kinds of animals.



Where do bacon and pork come from?

Bacon and pork come from a pig.



Draw lines to match each item of food with the correct animal(s).

BACON



SALMON



SAUSAGES



STEAK



PORK
CHOPS



FISH
FINGERS



CHICKEN

