**Questions About Being a Vegetarian** Name:

Hour: Date:

**USE THE *TEENS HEALTH VEGETARIANISM* ARTICLE TO ANSWER THESE QUESTIONS.**

1. Why do some people become vegetarians?
2. What is the difference between…

lacto-ovo vegetarianism?

lacto vegetarianism?

ovo vegetarianism?

1. What is a vegan?
2. What is a macrobiotic diet?
3. Is it safe for a teen to be a vegetarian? Explain your answer.
4. In what ways could someone go about being a vegetarian the wrong way?
5. Vegetarians have to be careful to include which key nutrients?
6. Are fat and calories important in a vegetarian diet? Why?
7. If you want to be a vegetarian, who could you speak with to get more information?
8. It can be difficult eating out if you are a vegetarian. What are some suggestions when ordering at a restaurant?