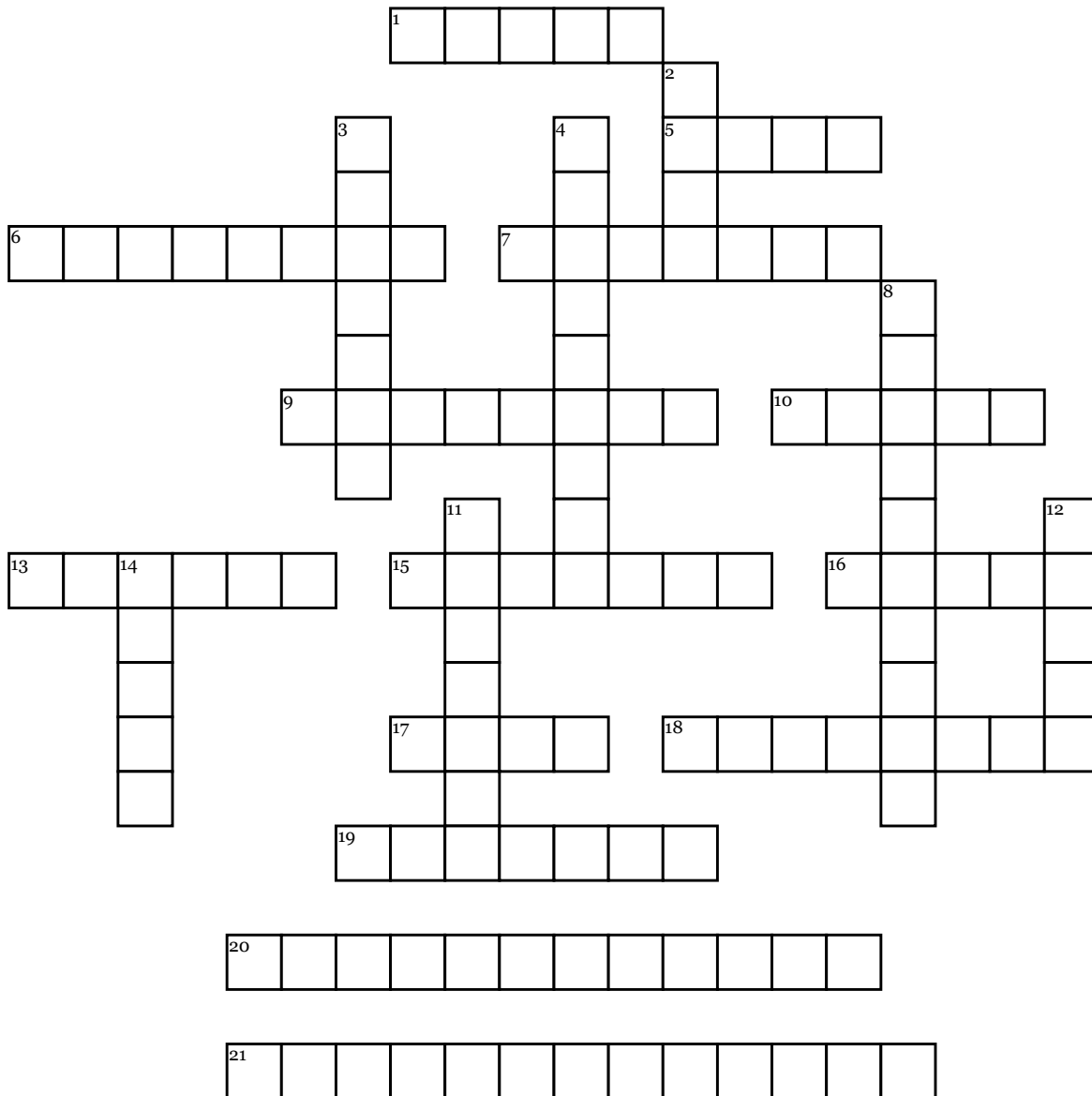


Name: _____

Date: _____

Vegetarian Foods Crossword



Across

1. Lives on staples of rice, fish and vegetables
5. This nutrient is absorbed better when it is eaten with a food that contains vitamin C.
6. Vegetable that resembles a tree, good source of calcium.
7. Red meats give you lots of this nutrient.
9. Religions that prohibit the eating of meat. *reason for becoming vegetarian*
10. Eat plants sources only, avoid all foods of animal origin.
13. Morally wrong to kill animals, against cruelty to animals.

15. Meat tends to be more expensive than vegetables and grains. *reason for becoming vegetarian*
16. Protein from plant sources with the addition of dairy, eggs are avoided.
17. Curd made from mashed soybeans, High source of protein, calcium and iron.
18. Avoid meat, fish and poultry, do eat eggs and dairy products.
19. When dairy or eggs is not eaten fortified _____ and other soy products is advisable.
20. _____ and jam sandwiches are a good source of protein
21. Do not like the taste of red meat. *reason for becoming vegetarian*

Down

2. Vegetarians have a very different _____ compared to other people.
3. Nutrient that helps keep your bones strong and healthy.
4. Vegetables of this colour contain the most calcium.
8. A person who does not eat meat, there are many types of this diet.
11. Choose to make a person contribution to save the environment. *reason for becoming vegetarian*
12. Eat poultry omit red meat.
14. Pita bread and _____ is a good combination of foods that contain protein.