

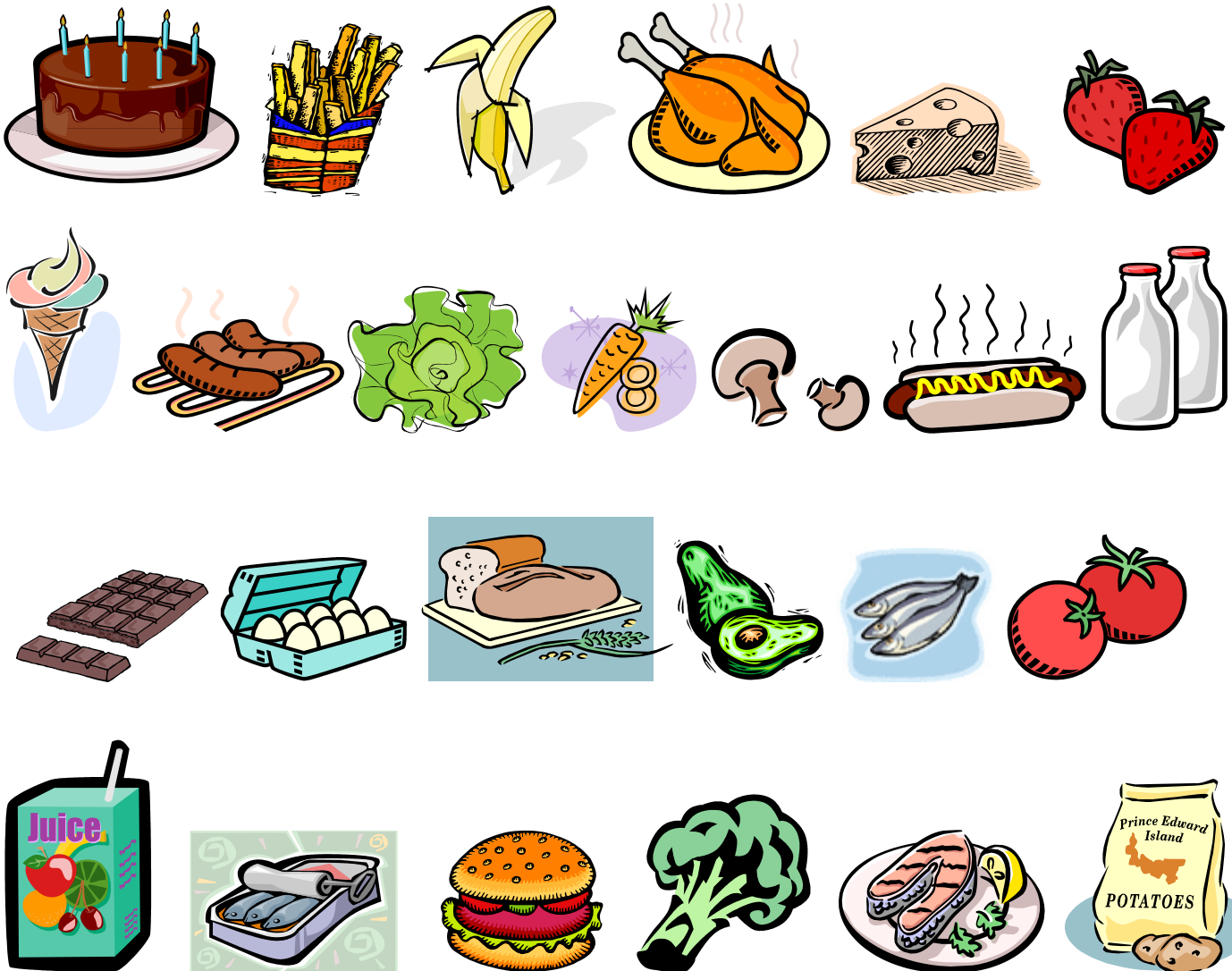
So what is a vegetarian?

Vegetarians are just like everyone else, but they don't eat any type of meat, fish or other foods for which an animal had to die.

Vegetarians **DO** eat pasta, pizza, curry, rice, cheese, beans, jacket potatoes, eggs, veggie sausages, veggie burgers, veggie bacon 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's your favourite veggie food?

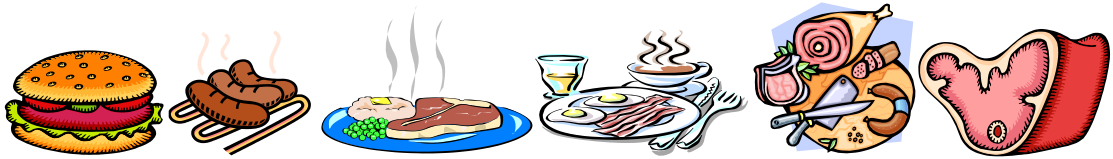


So what is a vegetarian...?

A vegetarian is somebody who does NOT eat:

Meat

such as beef burgers, ham burgers, sausages, steak, bacon, roast beef, ham, pork, and lamb.



Poultry and Game

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



Seafood

such as haddock, cod, fish fingers, shark, salmon, sardines, tuna, prawns, shrimp, crab and lobster.



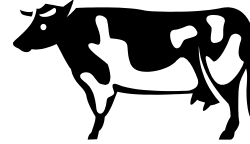
Vegetarians don't eat meat, poultry, fish and seafood or anything made from parts of animals such as gelatine or rennet.

Gelatine is usually made from boiling the skin, bones and other animal parts from cows and pigs. Yuk! Gelatine may be found in sweets, jelly, jams and some desserts.

Rennet is taken from the stomach of young cows and is sometimes found in cheese. Vegetarians buy *vegetarian* cheese as it doesn't contain animal rennet.



Where does beef come from?

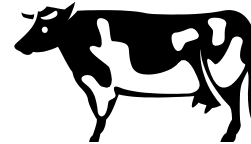
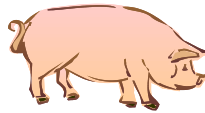


Beef comes from different parts of a cow.



Where do meat sausages come from?

Meat sausages are made from different parts of a pig or a cow.



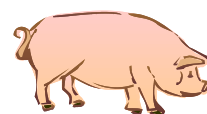
Where do sardines and tuna come from?



Sardines and tuna are types of fish.



Where do bacon and pork come from?



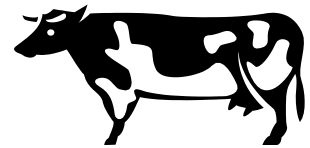
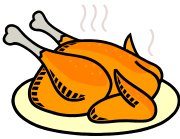
Bacon and pork come from a pig.

Where do these types of food come from?
Draw lines to match each item of food to the correct animal(s).

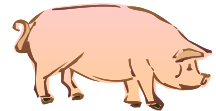
BACON



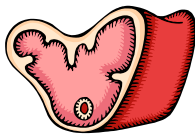
CHICKEN



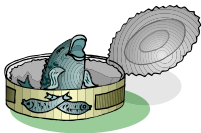
SALMON



STEAK



TUNA



LAMB CHOPS



HAM

