

Study Guide

Vegetarian Food Choices

Directions: Read chapter 15, and answer the following questions. Later, you can use this study guide to review.

1. What does it mean to be a vegetarian?

2. Identify the nine categories of vegetarianism.

3. Name four reasons why people choose to be vegetarians.

4. Most foods that vegetarians eat will come from which three food groups?

5. Why is it recommended that vegans take a vitamin-mineral supplement?

(Continued on next page)

Chapter 15 Study Guide (continued)

6. Identify four of the meat substitutes that vegetarians may choose, and describe how they are used.

7. Name three dairy substitutes that appeal to ovo-vegetarians, and describe how they can be used.

8. Why do vegetarians need to be attentive when eating in a restaurant?

9. Identify three strategies for switching to a vegetarian diet.

Activity 1

Vegetarian Food Choices

Menu “Before” and “After”

Directions: Read the recipe on the left. Rewrite the recipe in the space on the right, making substitutions for the type of vegetarian listed.

Recipe 1: Spicy Hominy

- 4 cups (1 L) Beef broth, divided
- 2 oz. (60 mL) Sliced fresh mushrooms
- 4 cans (14 oz.) Hominy, drained
- 1 can (14 oz.) Cream-style corn
- 4 cans (4 oz.) Green chiles, drained
- 1 cup (250 mL) Chopped green onions
- 2 cloves Garlic
- 2 Tbsp. (30 mL) Chili powder
- ¾ cup (190 mL) Sour cream

Modified for Ovo-Vegetarians

Place 1 cup of beef broth in a Dutch oven; bring it to a boil. Add mushrooms and remove from heat. Cover and let stand ten minutes. Drain and chop mushrooms, reserving the liquid. Pour reserved liquid through cheesecloth into a bowl. Return liquid and mushrooms to pan. Stir in remaining ingredients. Bring to a boil; cover, reduce heat, simmer 30 minutes, stirring occasionally. Spoon mixture into bowls, top with a dollop of sour cream, and serve piping hot.

Recipe 2: Beef & Vegetable Soup

- 1 Tbsp. Vegetable oil
- 1 cup (250 mL) Chopped onion
- 3 cloves Garlic, minced
- 1 small Zucchini, sliced
- 1 can (14 oz.) Corn, drained
- 2 Tomatoes, diced
- 1 cup (250 mL) Beef broth
- ½ tsp. Ground cumin
- ½ tsp. Dried oregano

Modified for Vegans

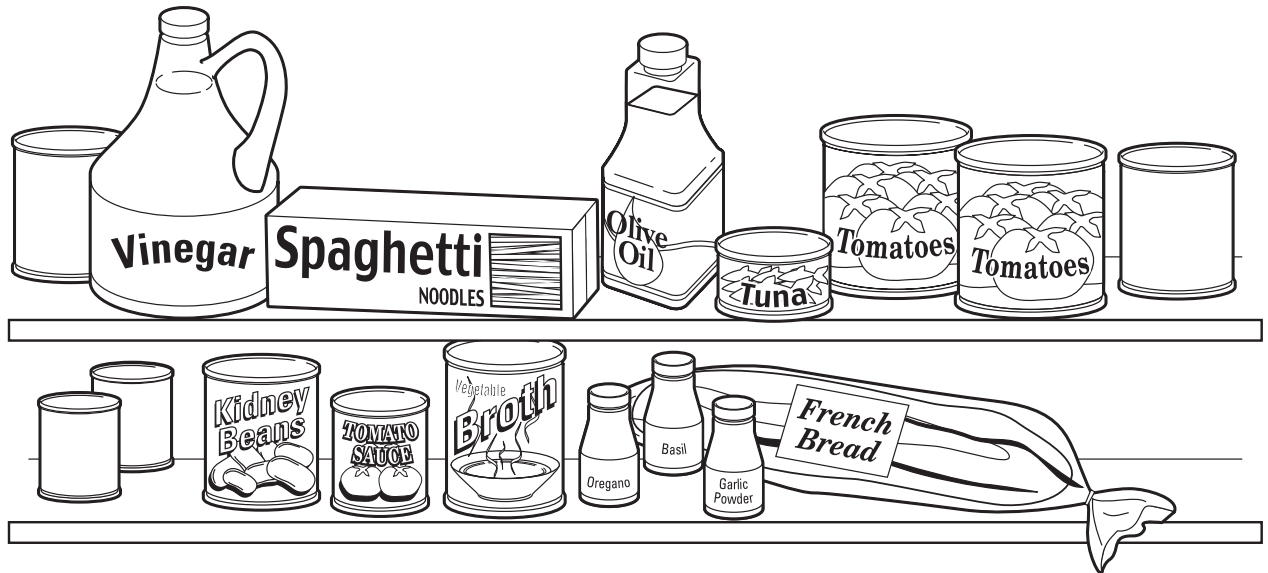
Sauté onion and garlic until brown; add remaining ingredients. Bring to boil; reduce heat, and simmer 20 minutes or until zucchini is tender.

Activity 2

Vegetarian Food Choices

A Vegetarian Meal

Directions: Your friend, John, is coming to dinner with his new girlfriend, Julie. You look in your pantry and refrigerator to see what you can prepare that would suit Julie, who is a lacto-ovo vegetarian. Use the food in the pantry and refrigerator to create a menu for dinner.



Refrigerator

Chicken, milk, yogurt, butter
 Tomatoes, parmesan cheese
 Ice cream, apple cider, eggs
 Lettuce, cucumber, sliced ham
 Ground beef

Pantry

Vegetable broth, olive oil, spaghetti, tomato
 sauce
 Bakery bread, canned kidney beans, canned
 tomatoes
 Vinegar, herbs and spices, canned tuna

Menu for Julie
