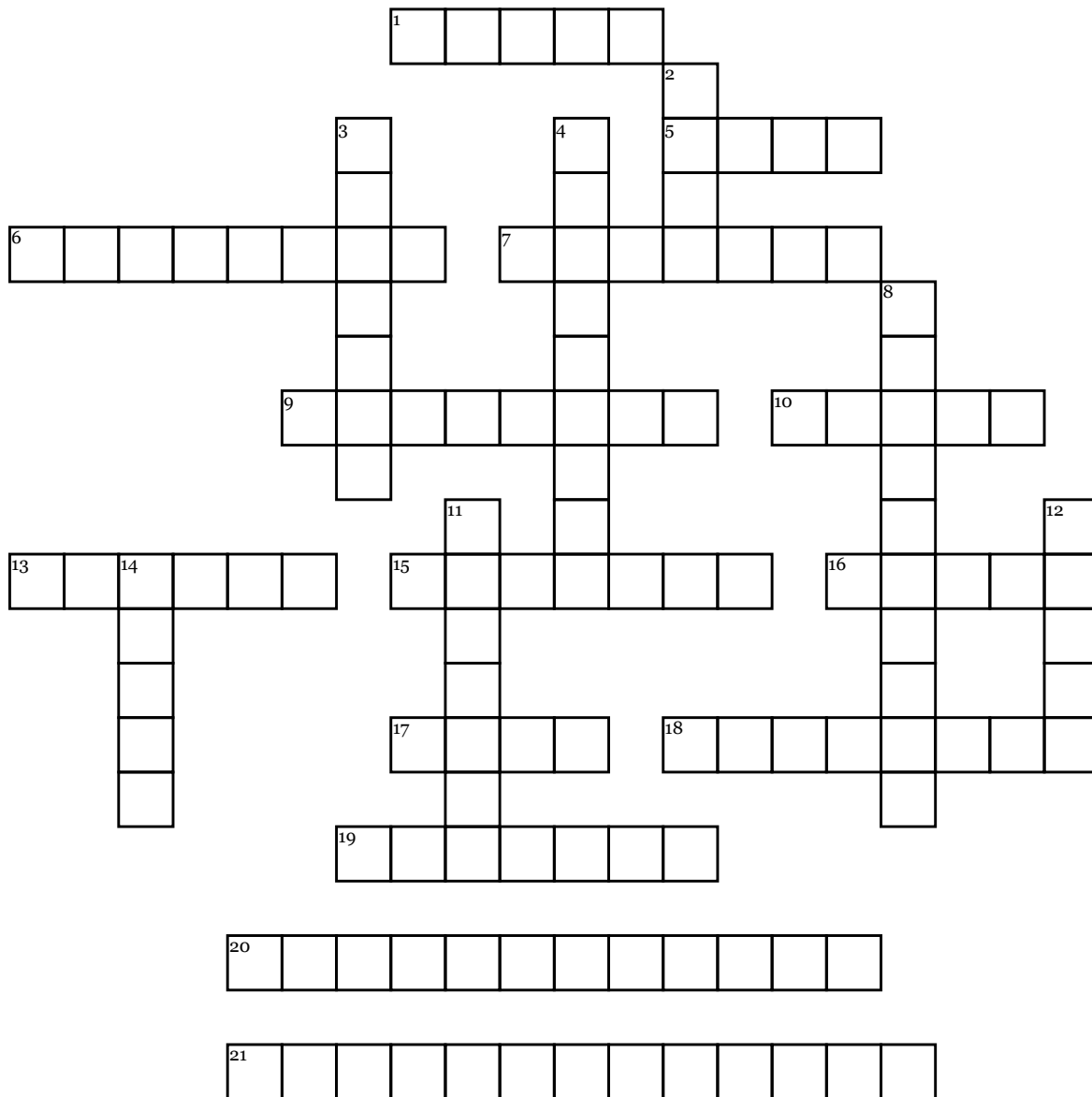


Vegetarian Foods Crossword



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.