

Name _____ Date _____ Period _____

Vegetarian Quiz

Define the following types of Vegetarians. Your definition should include some examples of what they eat.

Pesco-Vegetarian-

Partial Vegetarian-

Lacto-ovo-Vegetarian-

Lacto-Vegetarian-

Pick one type of vegetarian listed above and develop a one day healthy meal plan for them based off of what they eat and don't eat.

Time of day	Food	beverage
Breakfast		
Lunch		
Snack		
Dinner		

