

TEXT G: Vegetarianism

ANSWERS

- a** Name **one** item from George's lunch, and **one** item from Angelina's lunch. 2 marks

Possible answers (George's lunch):

- yoghurt
- salad sandwich
- fruit
- smoked almonds
- chocolate bar

Possible answers (Angelina's lunch):

- chicken and rice
- cheese and biscuits
- a banana
- raspberry muffin

- b** What does Angelina want to ask George questions about? 1 mark

a meat-free diet / vegetarian food

- c** George mentions a number of foods that are high in protein. Name **one** of these. 1 mark

Possible answers include:

- dairy/yoghurt
- nuts
- meat
- beans
- legumes
- soy products

- d** George describes two important combinations to consider when cooking. Complete the table below, summarising the information. 2 marks

	Combination 1	Combination 2
Content	flavours	nutrients
Result	Food tastes delicious.	Food is healthy and filling.

- e** What is the main reason Angelina gives for not wanting to become a vegetarian? 1 mark

Possible answer:

- She loves / does not want to give up eating bacon.

- f** In what way are George's and Angelina's families different? 1 mark

George's family are all vegetarian while Angelina's family eat a lot of meat.

- g** George mentions a number of possible health benefits of a vegetarian diet. Name **two** of the conditions whose risk he says can be reduced. 2 marks

Possible answers:

- diabetes
- high blood pressure
- some types of cancer