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.

| | 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.

Possible answers:

- diabetes
- high blood pressure
- some types of cancer