

Nutrition & Wellness for Life © 2012
Chapter 7: Sensible Vegetarianism—Internet Activity

Vegetarianism can be a worthy path toward good health—or not. Many people embrace vegetarian diets, but unless they pay careful attention to nutritional needs, their health could be at risk.

Becoming a vegetarian is a compelling idea to many young people. Since teens are still growing, however, they need to be sure they learn how to get all the nutrients they need, especially when following an eating plan that heavily restricts certain foods. “Look before you leap” is good advice.

Read the article about teens and vegetarianism on the link below. Then answer the questions that follow.

http://kidshealth.org/teen/food_fitness/nutrition/vegetarian.html

Activity Questions:

1. What does the American Dietetic Association (ADA) say about vegetarian diets?
2. What nutrients does a vegetarian need to be especially careful to get, and what foods provide them?
3. What is important for teens to remember when following a vegetarian diet?

Name _____ Date _____

4. Who could help a teen who wants to become a vegetarian?

5. What condition can easily occur when a person stops eating meat?