

What is a vegetarian?

Watch the video and then:

- 1) Match the different types of diets with their definition
- 2) Complete the definitions with the missing words

Lacto vegetarians	•	•	Vegans who drink milk, and eat eggs and _____
Raw vegans	•	•	Only eat fruit and _____ that are raw
Pescatarians	•	•	Vegans who eat eggs
Macrobiotic	•	•	Unprocessed vegan food, no oil or sugar. Mostly whole grains, beans and Asian _____.
Ovo vegetarians	•	•	Don't eat _____, but eat fish
Flexitarians	•	•	Only eat fruit
Fruitarianism	•	•	Vegans who eat dairy _____
Vegans	•	•	Vegetarians who sometimes eat meat
Ovo-lacto vegetarians	•	•	Don't eat products from _____ origin