Unit 4C: Food for Thought?

3. Look at the photos. Name the foods you can see. Then describe the dishes. Use the adjectives below.

Boring **Healthy** **Sweet** **Tasty** **Unhealthy** **Fattening**	

4. Read the text. Which food can a:

a. vegetarian eat?
b. vegan eat?
c. fruitarian eat?

Food for Thought?

VEGANS

Vegans are vegetarians: they don't eat fish or meat. However, most vegetarians eat eggs, cheese and other dairy products, but vegans don't. In fact, they don't eat any food from animals - eggs end honey, for example Why do people become vegans? Usually, they believe that it's wrong to kill animals for food or keep them for milk, eggs, and other products. They also believe that keeping animals is bad for the environment because it needs a lot of space. A small farm with animals can produce food for 20 people; but use the same land for vegetables and it can feed 240 people, farm animals are also bad for the environment because they need a lot of water.

FRUITARIANS

Fruitarians are vegans: they don't eat meat, fish or any other animal products. But there are other rules too. Fruitarians don't cook their food and they don't eat any vegetables, rice, bread or processed food. So what can they eat? Well, nuts and seeds are OK. They can eat sweet fruits, like bananas and apples, and also olives, peppers and tomatoes because these are fruit too. Some people are fruitarians because they believe it is healthy. However, most doctors believe that fruitarians do not have a balanced diet. The human body needs some vitamins which aren't in fruits and nuts.

LIVEWORKSHEETS

Read the text again. Answer the questions.

1. Why don't vegans eat eggs or honey?

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2. What do vegans think about killing animals for food?

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3. Which need a lot of water: vegetables or farm animals?

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4. Can a fruitarian eat sandwiches? Give a reason.

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5. Can a fruitarian eat olives? Give a reason.

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6. Why do doctors think a fruitarian diet is not healthy?

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LIVEWORKSHEETS