

Read the text and choose the correct word for each space.

NATIONAL VEGETARIAN WEEK



Around 5% of British households now have 1) _____ least one family member who 2) _____ vegetarian, 3) _____ means that 4) _____ the region of 3 million British people are vegetarians. Vegetarians 5) _____ not eat meat, fish or poultry. Among the many reasons 6) _____ being a vegetarian are health, compassion for animals, and religious beliefs.

Statistically, if you choose 7) _____ vegetarian diet, you are choosing which should boost your chances 8) _____ living a long 9) _____ healthy life. But 10) _____? The reason is that a good vegetarian contains more carbohydrate, more vitamin C and more fibre 11) _____ one where a high proportion of the calories come 12) _____ meat.

There 13) _____ documentary evidence of a Vegetarian Day being held in Britain as early 14) _____ 1936, but National Vegetarian Week as we know 15) _____ today has 16) _____ roots in the National Vegetarian Day held 17) _____ the Vegetarian Society 18) _____ October 1991. It proved 19) _____ successful that they extended it 20) _____ a whole week.