

Veggie Tales

Directions: Use the article “Veggin’ Out” (page 26) to answer the questions in Part 1. Then, write down your opinion about the issue in Part 2.

Part 1: Comprehension Check

1. Why do teens become vegetarians?
 - a. They don’t believe in killing animals for food.
 - b. They think it’s healthier to eat only plant products.
 - c. It’s part of their religious beliefs.
 - d. All of the above (and more).
2. Vegetarians need extra help getting enough of the nutrients below except:
 - a. Zinc
 - b. Fiber
 - c. Calcium
 - d. Protein
3. People who are vegan don’t eat:
 - a. Meat
 - b. Fish and poultry
 - c. Eggs and dairy products
 - d. All of the above
4. According to the article, becoming a vegetarian *doesn’t* reduce your risk for:
 - a. Osteoporosis
 - b. Diabetes
 - c. Cancer
 - d. Heart disease
5. About how many kids and teens are vegetarians?
 - a. 10,000
 - b. 280,000
 - c. 1,400,000
 - d. 5,000,000

Part 2: Your Turn

Some people choose to become vegetarians for ethical reasons. But they may still use many other products that come from animals, such as leather shoes or clothing; visit zoos and circuses; or dissect animals for school or conduct research on them for work. Do you think vegetarians should have to give up all activities that could affect animals? Write a persuasive essay explaining why or why not.