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Vegetarian Foods Crossword

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| **Across**  **1.** Lives on staples of rice, fish and vegetables  **5.** This nutrient is absorbed better when it is eaten with a food that contains vitamin C.  **6.** Vegetable that resembles a tree, good source of calcium.  **7.** Red meats give you lots of this nutrient.  **9.** Religions that prohibit the eating of meat. \*reason for becoming vegetarian\*  **10.** Eat plants sources only, avoid all foods of animal origin.  **13.** Morally wrong to kill animals, against cruelty to animals.  **15.** Meat tends to be more expensive then vegetables and grains.\*reason for becoming vegetarian\*  **16.** Protein from plant sources with the addition of dairy, eggs are avoided.  **17.** Curd made from mashed soybeans, High source of protein, calcium and iron.  **18.** Avoid meat, fish and poultry, do eat eggs and dairy products.  **19.** When dairy or eggs is not eaten fortified \_\_\_\_\_\_\_\_\_ and other soy products is advisable.  **20.** \_\_\_\_\_\_\_\_\_ and jam sandwiches are a good source of protein  **21.** Do not like the taste of red meat.\*reason for becoming vegetarian\* | **Down**  **2.** Vegetarians have a very different \_\_\_\_\_\_\_\_ compared to other people.  **3.** Nutrient that helps keep your bones strong and healthy.  **4.** Vegetables of this colour contain the most calcium.  **8.** A person who does not eat meat, there are many types of this diet.  **11.** Choose to make a person contribution to save the environment. \*reason for becoming vegetarian\*  **12.** Eat poultry omit red meat.  **14.** Pita bread and \_\_\_\_\_ is a good combination of foods that contain protein. |