

Name _____

World Vegetarian Day **Answer Key** - Correction Marks

Being a vegetarian involves **abstaining** from consuming certain types of animal products, and there are several variations within the vegetarian diet based on the extent to which **won** excludes these products:

Lacto-Ovo Vegetarian - Lacto-ovo vegetarians exclude all types of meat and fish but include **dairy** products (lacto) and eggs (ovo) in their diet. This is one of the most common forms of vegetarianism and allows for a wide range of plant-based foods along with dairy and eggs.

Lacto-Vegetarian - Lacto-vegetarians avoid meat, fish, and eggs but include dairy products in their diet. They get their protein and calcium primarily from dairy sources like **milk cheese**, and yogurt.

Ovo-Vegetarian - Ovo-vegetarians eliminate meat, fish, and dairy products but continue to consume eggs. Eggs provide a source of protein and essential nutrients in their diet?

Vegan - Vegans follow the **strictest** form of vegetarianism, excluding all animal products from their diet and lifestyle. They do not consume meat, fish, dairy, eggs, or any other animal-derived ingredients. Veganism extends beyond diet, as it encompasses ethical and environmental principles that avoid all forms of animal exploitation, including in clothing, cosmetics, and other products.

Pescatarian - Pescatarians are not strictly vegetarians, as they include fish and seafood in **there** diet while avoiding other meats. Some pescatarians also consume dairy and eggs, while others may follow a more plant-based approach. This diet provides a source of omega-3 fatty acids and protein from seafood.

Complete Passage

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