



VEGETARIANISM BALL TOSS

DELAWARE 4-H *Healthy Living*

GOALS

To review the concepts of vegetarianism and the different food options for those on vegetarian diets. Participants will increase their knowledge of these topics.

SUPPLIES

- This sheet of paper
- 1 beach ball per 8-10 youth, numbered with permanent marker 1-8
- Question and Answer Key attached

TIME REQUIRED

15-30 minutes

SUGGESTED AUDIENCE

Youth: Ages 8 and up, Adults

PROCEDURE

1. Gather participants in a circle—approximately 8-10 people per circle.
2. Tell them that we will be playing a game to learn more about vegetarianism and vegetarian diet options.
3. Instruct the youth to toss the ball and tell you what number their right thumb lands on the ball.
4. Read the corresponding question to the number that their right thumb lands on. If playing with children, consider having one of the older youth read the questions.
5. Have the participants toss the ball to the next person until all 18 questions have been reviewed and everyone has participated.

REFLECT: Ask Youth

1. What are some new facts that you learned today?
2. What are some new diet options that you could give to someone looking to become a vegetarian?

APPLY: Ask Youth

1. How will you share this information with others?

Thank you for participating in this fun activity!



Cooperative Extension
COLLEGE OF AGRICULTURE &
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For information on booking 6-10 hours for your club or students, visit our website at <http://extension.udel.edu/4h>. Or call your County Cooperative Extension Office.



Our thanks for supporting DE 4-H
"Youth Voice, Youth Choice"
building healthy communities
through engaged youth!



DELAWARE 4-H

Healthy Living

VEGETARIAN BEACH BALL ACTIVITY QUESTIONS

- 1. Name one protein food that someone following a vegetarian diet could consume.**
Quinoa, buckwheat, rice and beans, nuts, soy, peanut butter, lentils, hemp seed, eggs, dairy products (yogurt, cheese), tofu, hummus
- 2. True or False: Some vegetarians do not eat fish.**
True
- 3. True or False: Vegetables are great for our bodies because they contain vitamins and minerals that everyone needs.**
True
- 4. Someone who is a vegetarian does not eat what foods?**
Meat or fish
- 5. What is the difference between a vegetarian and a vegan?**
Vegetarians don't eat meat. Vegans don't eat ANY animal products.
- 6. What are 2 reasons why people become a vegetarian?**
They don't like the taste of meat, cannot bear the thought of eating animals, religious/cultural beliefs, how they grow up, vegetables are cheaper than meat, it is healthier.
- 7. True or False: A vegetarian could have a cheese stick for a snack that would provide them with protein.**
True
- 8. Name one of the nutrients that a vegetarian might be deficient in.**
Protein, Vitamin B12, Calcium (sometimes)
- 9. List 3 foods that vegetarians do/can eat.**
Fruits, vegetables, grains, seeds, nuts
- 10. Give examples of 3 fruits that a vegetarian could have for a snack?**
Any fruits
- 11. Someone who follows this diet stays away from all animal-based protein foods entirely.**
Vegan
- 12. What is the name for a vegetarian who eats fish?**
Pescatarian
- 13. True or False: Vegetarians enjoy the lowest rates of obesity, heart disease, and high blood pressure compared to other diets.**
True
- 14. What kind of vegetarian consumes eggs but not dairy products?**
Ovo-Vegetarian
- 15. What kind of vegetarian consumes dairy products but not eggs?**
Lacto-Vegetarian
- 16. What kind of vegetarian has a diet including both eggs and dairy products?**
Lacto-Ovo Vegetarian
- 17. Almonds are members of the peach family.**
True
- 18. Consuming enough protein is nearly impossible on a vegetarian diet.**
False