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!
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