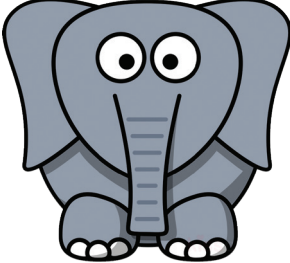



# vegan The food quiz



True or false?			True	False	Tick if correct
1) Elephants are vegan			<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2) Cats are vegan			<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3) Name two foods that vegans don't eat:					
a) <b>Meat, fish, animal fat, gelatine, animal/calf rennet . . .</b> .....					
b) <b>Dairy products (milk, cheese, yogurt, whey, etc), eggs, honey . . .</b> .....					
4) What vitamin are <b>tomatoes</b> and <b>red peppers</b> particularly rich in? (Clue: oranges and green veg like broccoli are also rich in this vitamin)					
<b>Vitamin C</b> .....					
5) What food nutrient found in <b>beans</b> and <b>veggie mince</b> is important for building strong muscles? (Clue: it begins with the letter 'P' and has seven letters)					
<b>Protein</b> .....					
6) What food nutrient found in <b>beans</b> and <b>veggie mince</b> is important for healthy blood? (Clue: it begins with the letter 'I' and has four letters)					
<b>Iron</b> .....					

7) What are the **mystery foods** in the bags?

*(Feel the food - don't look in the bag!)*



a) Name mystery food in bag **a**

.....

b) Name mystery food in bag **b**

.....

c) Name mystery food in bag **c**

.....

d) Name mystery food in bag **d**

.....

e) Name mystery food in bag **e**

.....

Tick if correct

8) What are the **mystery utensils**?

a) Name mystery food utensil **a**

Garlic press

.....

b) Name mystery food utensil **b**

Spaghetti spoon

.....



Total score (out of 14):