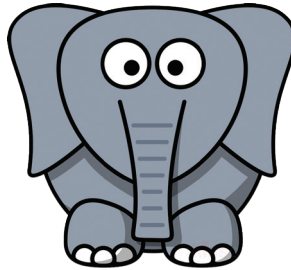


vegan

The food quiz



True or false?



True False

1) Elephants are vegan

2) Cats are vegan

Tick if correct

3) Name two foods that vegans don't eat:

a)

b)

4) What vitamin are **tomatoes** and **red peppers** particularly rich in?

(Clue: oranges and green veg like broccoli are also rich in this vitamin)

.....

5) What food nutrient found in **beans** and **veggie mince** is important for building strong muscles? (Clue: it begins with the letter 'P' and has seven letters)

.....

6) What food nutrient found in **beans** and **veggie mince** is important for healthy blood? (Clue: it begins with the letter 'I' and has four letters)

.....

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**

.....

b) Name mystery food utensil **b**

.....



Total score (out of 14):