

Vegan food true or false quiz answers



		True	False
1)	Humans are naturally carnivores We are omnivores - we can digest and get nutrition from both plants and animals.	☐	☒
2)	Pigs are smarter than dogs	☒	☐
3)	Meat, eggs and dairy are high in fibre Fibre is only found in plant foods. Most people in the UK don't eat enough fibre.	☐	☒
4)	Cows only produce milk when they have a calf Cows are continuously made pregnant so that they keep producing milk. After they give birth, their calves are taken away from them.	☒	☐
5)	We need to drink cow's milk for strong, healthy bones We need the mineral calcium for bone health. Calcium is also found in leafy greens and fortified plant milks such as soya or oat.	☐	☒
6)	Fish can't feel pain	☐	☒
7)	Veganism has been around since the early 2000s The term 'veganism' was coined in 1944 but evidence of people choosing to avoid animal products can be traced back over 2,000 years.	☐	☒
8)	Farming animals is a big cause of global warming Around 14.5% of global carbon emissions are caused by farming animals.	☒	☐
9)	In the UK, most farmed animals live on free-range farms Around 85% are factory farmed.	☐	☒
10)	If everyone ate a vegan diet we could reduce the amount of land we use for farming by 75% Farming animals is an inefficient use of resources.	☒	☐
11)	You need to eat meat to build muscle You need protein to build muscle. High protein vegan foods include lentils, beans, chickpeas, tofu, seitan, nuts and seeds.	☐	☒
12)	Chickens can live for over 10 years In the meat industry, they are typically killed at just 6 weeks old.	☒	☐