

Learn about living a vegetarian lifestyle. Read the selection below. Then read each question and choose the best answer. Use the provided answer sheet at the end of the workbook to record your answers.

## Meatless Munching

What will it be today, the hamburger special, chicken surprise, or veggie platter? More and more people are going for the veggie platter. In fact, research shows that more than 12 million Americans are now vegetarians. This number appears to be growing.

When you think of a vegetarian diet, you might think only of vegetables. Of course, vegetables are important to such a diet, but not all vegetarian diets are alike. Some vegetarians' diets include only on plant products. Some diets may also include milk, cheese, eggs, fish, and poultry.

There are many different reasons for going vegetarian. Some people believe that a vegetarian diet is healthy. By eating fewer animal products, they can lower their fat and cholesterol. Others have earth-friendly reasons for eating a

vegetarian diet. For example, producing a serving of meat requires more land, water, and chemicals than producing a serving of grain. Finally, many vegetarians believe that it is unethical to kill animals for food when you can eat plants instead.

Recent studies suggest that a vegetarian diet may lower the risk of heart disease and other illnesses, such as cancer. However, this type of diet takes careful thought. It is not simply a matter of getting rid of meat. People may replace the meat with too much milk or cheese and eggs. Those foods are higher in fat than most meat. Others may choose junk food (such as French fries) or starchy foods (like pasta) in place of meat. Those choices could lead to health problems. The key to a healthy diet is eating a wide range of low-fat foods. This is a good idea whether you want to eat meat or not.

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1. What is the *main* purpose of this selection?
  - A to persuade readers to become a vegetarian
  - B to inform readers of the pros and cons of a vegetarian diet
  - C to persuade readers to continue eating meat
  - D to inform readers of the dangers of eating meat
  
2. Based on the selection, what is *most likely* true about vegetarians?
  - A They are younger than most meat eaters.
  - B They are healthier than people who eat meat.
  - C They have to eat twice as much as meat-eaters to feel full.
  - D They all eat cheese and eggs.
  
3. What is the effect of beginning the reading passage with a question—"What will it be today, the hamburger special, the chicken surprise, or the veggie platter?"
  - A It introduces the main point.
  - B It shows that the author has done research about the subject.
  - C It grabs the reader's attention.
  - D It helps the reader get a sense of what life is like for vegetarians.
  
4. Which of these statements is a fact about vegetarian diets?
  - A It is healthier than any diet that has meat in it.
  - B The veggie platter tastes better than the chicken surprise.
  - C Some vegetarians eat poultry.
  - D French fries are part of a good vegetarian diet.

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5. Which of the following is an eco-friendly reason for becoming a vegetarian?
- A because it takes less of earth's resources to grow grains
  - B because it can help lower a person's cholesterol
  - C because it can help a person lose weight by eating less fat
  - D because it is wrong to kill animals
6. Carefully reread the sentence from paragraph 3 with the word *unethical*. What is the meaning of this word?
- A choosy
  - B wrong
  - C pleasant
  - D lazy
7. Which statement *best* supports the author's claim that a vegetarian diet requires careful thought?
- A Replacing meat with the wrong foods can cause health problems.
  - B Vegetarian diets can reduce the risk of some diseases.
  - C Healthy eaters eat a wide range of nutritious foods.
  - D Some people think that eating animals is wrong.