



LESSON 4: NO BEEF, NO PORK, NO POULTRY, NO PROBLEM

HEALTH TEKS:

1. Health Information. The student comprehends ways to enhance and maintain personal health throughout the lifespan.
- 4(a) Health Information. The student knows how to research, access, analyze and use health information. The student is expected to use critical thinking to analyze and use health information.
- 9(a) Influencing Factors. The student understands how social factors impact personal, family, community and world health. The student is expected to describe personal health behaviors and knowledge unique to different generations and populations.

NATIONAL HEALTH EDUCATION STANDARDS:

- 1.1 Students will comprehend concepts related to health promotion and disease prevention to enhance health – analyze the relationship between healthy behaviors and personal health.
- 3.1 Students will demonstrate the ability to access valid information and products and services to enhance health – analyze the validity of health information, products, and services.



OBJECTIVES:

- Upon completion of this activity, students will:
1. State and define the four types of vegetarian diets.
 2. Create a series of vegetarian meals.
 3. Discuss alternative non-animal sources of essential nutrients.

LESSON SUMMARY:

The purpose of this lesson is to describe the different types of vegetarian diets and discuss ways to create a healthy vegetarian meal.

MATERIALS:

Student workbook pg. 30, index cards individually labeled: lacto-ovo-vegetarian, lacto-vegetarian, vegan, partial vegetarian



PROCEDURES:

Before beginning the lesson state the following:
“Some individuals eat a limited amount of animal food sources while others have eliminated animal food sources from their diets completely. These types of diets are referred to as vegetarian diets. Eating a vegetarian diet has health benefits but one must take extra steps to ensure that all recommended nutrients are met daily. Today we will discuss the issues that surround vegetarian diets.”

- Distribute student workbooks
- Teach Teaching Concepts provided below
- Complete activity

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TEACHING CONCEPTS 1

A healthy vegetarian diet consists mainly of plant-based foods, such as vegetables, fruits, whole grains, legumes, nuts and seeds.

ASK: What are some specific examples of plant-based food products?

[broccoli, apples, wheat bread, black beans, almonds, sunflower seeds, avocados, etc.]

TEACHING CONCEPTS 2

There are four types of vegetarian diets. These include:

- Lacto-vegetarian - one who eats dairy products, such as milk, cheese and yogurt, as well as plant-based foods, but does not eat meat, poultry, fish or eggs
- Lacto-ovo-vegetarian - one who eats eggs, dairy products and plant-based foods, but does not eat meat, poultry, or fish
- Vegan - one who eats only plant-based foods
- Partial or semi vegetarian - one who eats plant-based foods, dairy products, eggs and small selections of poultry or fish, but no beef or pork

TEACHING CONCEPTS 3

There are many benefits to eating a healthy vegetarian diet such as a diet lower in fat and cholesterol and rich in fiber. The challenge is to obtain sufficient amounts of protein, iron, vitamin B12, zinc, vitamin D and calcium. In order to create a healthy vegetarian diet, one should follow the Vegetarian Diet Pyramid. The Pyramid suggests that a healthy vegetarian diet should consist of fruits and vegetables, whole grain and legumes at each meal. Plant oils, nuts and seeds and protein and dairy products should be consumed at least once a day. Sweets should be eaten sparingly. Additionally, individuals eating vegetarian diets should intake an adequate amount of water daily – at least 6 8oz. glasses.

TEACHING CONCEPTS 4

Because many vegetarian diets do not include egg or dairy products, alternative products are necessary to ensure adequate nutrition:

TEACHING CONCEPTS 5

Activity – Assign students into groups of 3-4 students. Have groups draw from a series of index cards labeled with the various types of vegetarian diets. Students will create breakfast, lunch and dinner menus appropriate for a particular vegetarian diet. Students must include foods rich in protein, calcium, vitamin B12, iron and zinc while following the Vegetarian Diet Pyramid.

- **MILK:** soymilk, rice milk or almond milk rather than cow's milk
- **BUTTER:** olive oil, vegetable broth or nonfat cooking spray when sautéing foods; canola oil when baking foods
- **CHEESE:** soy cheese
- **EGGS:** commercial egg replacements or tofu

A vegetarian must include sufficient amounts of various nutrients. A vegan diet eliminates food sources that are rich in vitamin B12 and calcium. You can get essential nutrients from non-meat sources in a variety of ways:

- **PROTEIN:** Vegetarians who eat eggs or dairy products have diets rich in protein. Other sources of protein include soy products, legumes, nuts, seeds and whole grains.
- **CALCIUM:** Low-fat dairy products and dark green vegetables such as spinach, turnip greens and broccoli are great sources of calcium. Tofu, soymilk and fruit juices may contain enriched calcium.
- **VITAMIN B12:** This vitamin is found primarily in animal products including milk, eggs and cheese. Some cereals and soy products are enriched with vitamin B12. An additional option is to take vitamin B12 supplements daily.
- **IRON:** Dried beans, peas, enriched cereals, whole-grains, dark, leafy green vegetables and dried fruits contain iron.
- **ZINC:** Whole grains, soy products and nuts are excellent sources of zinc.
- **FAT:** Nuts, vegetable oils and avocados are healthy sources of fat.

ASSESSMENT/CHECK FOR UNDERSTANDING:

Review Teaching Concepts.
Ask if they have questions.
Allow time to complete activity.
Evaluate menus.

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Lesson Review Sheet – Student Workbook p. 30

Eating a healthy vegetarian diet is not as easy as removing meat from your plate. You have to take steps to ensure you are meeting your daily nutritional needs. The challenge is to obtain sufficient amounts of protein, iron, vitamin B12, zinc, vitamin D and calcium.

A healthy vegetarian diet consists mainly of plant-based foods, such as vegetables, fruits, whole grains, legumes, nuts and seeds. There are many benefits to eating a healthy vegetarian diet such as a diet lower in fat and cholesterol and rich in fiber.

The four types of vegetarians are:

- **LACTO-VEGETARIAN** – one who eats dairy products, such as milk, cheese and yogurt, as well as plant-based foods, but does not eat meat, poultry, fish or eggs
- **LACTO-OVO-VEGETARIAN** – one who eats eggs, dairy products and plant-based foods, but does not eat meat, poultry or fish
- **VEGAN** – one who eats only plant-based foods
- **PARTIAL OR SEMI-VEGETARIAN** – one who eats plant-based foods, dairy products, eggs and small selections of poultry or fish, but no beef or pork

In order to maintain a healthy vegetarian diet, one should follow a Vegetarian Diet Pyramid.



ALTERNATIVES FOR EGGS AND DAIRY PRODUCTS ARE AS FOLLOWS:



MILK: soymilk, rice milk or almond milk rather than cow's milk

BUTTER: olive oil, vegetable broth or nonfat cooking spray when sautéing foods; canola oil when baking foods

CHEESE: soy cheese

EGGS: commercial egg replacements or tofu

A vegetarian must include sufficient amounts of various nutrients. A vegan diet eliminates food sources that are rich in vitamin B12 and calcium. You can get essential nutrients from non-meat sources in a variety of ways:

PROTEIN: Vegetarians who eat eggs or dairy products have diets rich in protein. Other sources of protein include soy products, legumes, nuts, seeds and whole grains.

CALCIUM: Low-fat dairy products and dark green vegetables such as spinach, turnip greens and broccoli are great sources of calcium. Tofu, soymilk and fruit juices may contain enriched calcium.

VITAMIN B12: This vitamin is found primarily in animal products including milk, eggs and cheese. Some cereals and soy products are enriched with vitamin B12. An additional option is to take vitamin B12 supplements daily.

IRON: Dried beans, peas, enriched cereals, whole-grains, dark, leafy green vegetables and dried fruits contain iron.

ZINC: Whole grains, soy products and nuts are excellent sources of zinc.

FAT: Nuts, vegetable oils and avocados are healthy sources of fat.