

Guidelines regarding vegetarians and vegans

Pesco vegetarians

- Food containing **meat or poultry** SHOULD NOT BE SERVED.
- Food containing *fish, seafood, dairy products* and *eggs* may be served, in addition to *fruit, vegetables, nuts, pulses* and *grains*.

Lacto-ovo vegetarians

- Food containing **meat, fish or poultry** SHOULD NOT BE SERVED.
- Food containing *dairy products* and *eggs* may be served, in addition to *fruit, vegetables, nuts, pulses* and *grains*.

Ovo vegetarians

- Food containing **meat, fish, poultry or dairy products** SHOULD NOT BE SERVED.
- Food containing *eggs* may be served, in addition to *fruit, vegetables, nuts, pulses* and *grains*.

Lacto vegetarians

- Food containing **meat, fish, poultry or eggs** SHOULD NOT BE SERVED.
- Food containing *dairy products* may be served in addition to *fruit, vegetables, nuts, pulses* and *grains*.

Vegans

- Food containing **meat, fish, poultry, eggs, dairy products or honey** SHOULD NOT BE SERVED.
- Food containing *fruit, vegetables, nuts, pulses* and *grains* may be served.

Reading information

Task

Task 1

Skim read the Guidelines regarding vegetarians and vegans from the Source material. What is the general subject of the text? Tick your choice.

- 1 Healthy eating
- 2 Foods that are suitable recipes for vegetarians and vegans
- 3 Foods that should not be served to vegetarians and vegans

Tip

Read the guidelines quickly to get the gist of what they are about.

Task 2

Use the Guidelines to answer these questions.

- 1 Is it acceptable to put eggs on a salad to be served to a vegan?

- 2 Is it acceptable to serve chicken to a person who has informed you that they are a pescio vegetarian?
- 3 Which groups should not be served dishes containing cheese?

Task 3

Which of the recipes below would be suitable for

- 1 A lacto-ovo vegetarian? _____
- 2 A vegan? _____

Cauliflower Cheese

Ingredients

1 cauliflower
100 g butter
100 g flour
1 litre milk
1 egg yolk
100 g cheese
1 tsp mustard

Niçoise Salad

Ingredients

250 g lettuce
100 g tomatoes
200 g cooked French beans
100 g cooked diced potatoes
100 g tinned tuna
10 g anchovy fillets
5 g capers
10 g stoned olives
1 tbsp oil
1 tbsp vinegar

Cream of Green Pea Soup

Ingredients

25 g onion
25 g leeks
25 g celery
25 g oil
25 g flour
250 ml peas (fresh or frozen)
500 ml water
sprig of mint
60 ml cream