

Vegetarianism

Some people choose not to eat certain foods.
Vegetarian – does not eat any meat, fish, seafood or any other animal by-products, such as gelatine.
Vegan – does not eat meat, fish, seafood or other animal by-products such as gelatine; dairy products; eggs or foods containing eggs such as mycoprotein and honey.

People who are vegan or vegetarian must make sure they consume enough **protein**. They can do this by eating beans, pulses and microproteins like Quorn or Tofu.

Type of vegetarian	Foods to avoid
Lacto vegetarian	Meat, fish, poultry, eggs
Lacto ovo vegetarian	Meat fish poultry
Vegan	Any animal products e.g. milk, cheese etc.

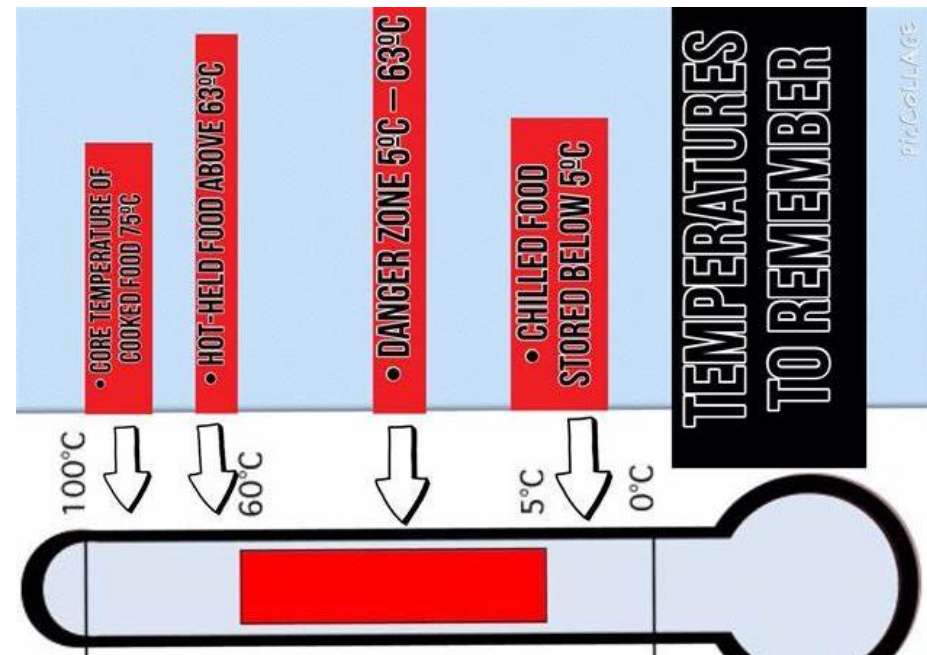
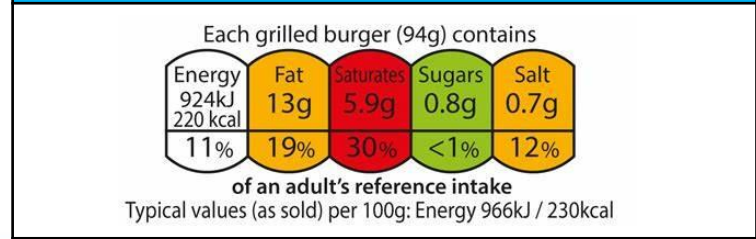
Substitutes

A vegan does not eat any animal based product which means they may need alternatives such as **soya** milk, **coconut** milk, **rice** milk or **oat** milk.

Food & Nutrition Knowledge Organiser – Year 8 – Term 1

Religion	Pork	Beef	Lamb	Chicken	Fish
Islam	✗	Halal only	Halal only	Halal only	✓
Hinduism	✗	✗	✓	✓	✓
Judaism	✗	Kosher only	Kosher only	Kosher only	✓
Sikhism	✗	✗	✓	✓	✓

Information found on Food Labels



Knife Skills



eatwell guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group. Check the label on packaged foods. Choose foods lower in fat, salt and sugars.

Per day 2000 kcal 2500kcal = ALL FOOD + ALL DRINKS