

Your mum probably tells you how important it is to eat your vegetables. But did you know that some people, called vegetarians, don't eat any meat at all? Some people are vegetarians because they believe it is the healthiest way to eat. Others decide not to eat meat because they don't want to eat meat or any other animal products like eggs or cheese.

1. Look at the foods pictured below. Check "yes" if you think vegetarians eat that type of food, and "no" if you think that they don't.



- yes  
 no



- yes  
 no



- yes  
 no



- yes  
 no



- yes  
 no



- yes  
 no

2. Try making this healthy treat at home!

### Applesauce

**Ingredients:**

- 🍏 2 kilos apples
- 🍏 1 teaspoon nutmeg
- 🍏 3 cups water
- 🍏 2-4 Tablespoons brown sugar OR honey
- 🍏 2 Tablespoons cinnamon

**Directions:**

1. Wash apples and remove centre cores.
2. Put apples in a pot with water and spices. Heat to a boil.
3. Lower heat and simmer, stirring often, for 1 ½ hours.
4. Add brown sugar or honey.
5. Serve warm or cold and enjoy!

