

Marymount High School

VIRTUAL LESSON

Teachers: N. Panton and J. Morris

Grade: 11

Subject: Food, Nutrition and Health


Unit/Module: *Meal planning, preparation and dining*

Topic: Vegetarian

Date: September 14, 2020



WELCOME TO TODAY'S VIRTUAL LEARNING EXPERIENCE!

Lesson Objectives	<p>Students should be able to:</p> <ol style="list-style-type: none">1. Define the term vegetarian2. Describe at least three types of vegetarian3. Outline vegetarians' nutritional requirements4. Plan and prepare meals for the various types of vegetarians 
Resources	<p>In today's lesson, you will need to access: Lesson notes/handout <input type="checkbox"/>, Prescribed Text book, YouTube videos <input type="checkbox"/> online sources</p> <p>Textbook: Caribbean Food and Nutrition for CSEC: Anita Tull & Antonia Coward</p> <p>Online source: https://www.eatright.org/food/nutrition/vegetarian-and-special-diets/food-sources-of-important-nutrients-for-vegetarians</p>
Lesson Notes	<ol style="list-style-type: none">1. Definition of term: Vegetarians -2. Types of vegetarian<ul style="list-style-type: none">❖ “lacto” refers to dairy products, while “ovo” refers to eggs.▪ Lactovegetarian – people who include milk and milk products but exclude meat, poultry, fish, seafood and eggs from their diets.▪ Lacto-ovo-vegetarians – people who include milk, milk products and eggs but exclude meat, poultry, fish and seafood from their diets.▪ Vegan vegetarian – people who exclude all animal derived foods (including meat, poultry, fish, eggs and dairy products) from their diets.▪ Pesco vegetarian - diet exclude meat and poultry, dairy, and eggs, but allow fish.▪ Ovo-vegetarian - diets exclude meat, poultry, seafood and dairy products, but allow eggs.

3. Vegetarians nutritional requirements

Choose a variety of healthy plant-based foods, such as whole fruits and vegetables, legumes and nuts, and whole grains. At the same time, cut back on less healthy choices, such as sugar-sweetened beverages, fruit juices and refined grains.

Calcium

Dairy products are a rich source of calcium. If your diet does not include dairy products, calcium can be obtained from plant-based foods. Sources include:

Low-fat or fat-free milk, yogurt and cheese, green leafy vegetables including collard greens, turnip greens and kale, broccoli, beans including soybeans, chickpeas and black beans, almonds and almond butter.

Iron

Consuming a good source of vitamin C (citrus fruits, peppers, tomatoes) at each meal increases iron absorption. Sources include:

Fortified breakfast cereals, soybeans, some dark leafy greens including spinach and chard
Beans, Eggs

Protein

Vegetarian sources of protein include: legumes such as beans, peas and lentils, whole grains, soy products, nuts and nut butters, dairy products, eggs.

Vitamin B₁₂

Sources include: vitamin B₁₂-fortified foods including nutritional yeast, soy milk, and ready-to-eat cereals, dairy products, eggs.

Vitamin D

Food sources: eggs, vitamin D-fortified soy milk, cow's milk, orange juice and ready-to-eat cereals, salmon, mackerel, canned fish (tuna, sardine, mackerel).

Teachers information

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Assessment

Topic: Vegetarians

Instruction: Complete the following activity

Suggested resources: marker, blank papers, folder leave, glue, cartridge paper/construction paper, sheet protector, tape, ruler, scissors, eraser, ring binder (folder) any other item to enhance your work/portfolio.

Please note: Activities can be done manually or electronically (on your computer) even if you cannot print while you are home. Use materials that are readily available to use.

1. Plan a two-course dinner for the various types of vegetarians:
 - *Lactovegetarian*
 - *Lacto-ovo-vegetarians*
 - *Vegan vegetarian (vegan)*
 - *Pesco vegetarian (pescatarian)*
 - *Ovo-vegetarian*