

1. Who is a vegetarian?
A vegetarian is one who does not eat fresh of animal or fish. They eat vegetable products. For examples, beans, rice, soya bean, etc.
2. The teacher mention the three types of vegetarians
 - Strict vegetarians
 - Lacto vegetarians
 - Lacto-ovo vegetarians
3. The teacher explains the three types of vegetarians:
 - Strict vegetarians: A Strict vegetarians eats only vegetable foods without any food from animal.
 - Lacto vegetarians: these are vegetarians that take milk and milk products in addition to vegetables.
 - Lacto-ovo vegetarians: these are vegetarians that take egg and egg products with milk and milk products in addition to vegetables.
4. The teacher plans menu for the vegetarians:
Breakfast for strict vegetarians:
 - Whole orange
 - Pap and moi- moi
 - Soy milkLunch for strict vegetarians:
 - Ground nut candy
 - Boiled yam with vegetable stew
 - Pineapple drinkSupper for strict vegetarians:
 - Whole banana
 - Rice and beans with vegetable
 - Ginger drink