**TASK 1- Understanding vegetarianism**

Define a lacto-ova vegetarian and a vegan.

What are complete proteins? How do vegetarians make sure they get these?

Think about your vegetarian salads you designed. What complementing proteins did you use to make sure your salad included all the essential amino acids?

Define complementing proteins

**TASK 2- Environmental considerations in food choices**

Define the following terms and be able to explain how these considerations are important for the environment:

Carbon neutral

Food miles

Organic farming

Locavore

Seasonal Foods

What are Fairtrade Products? Explain why this is an ethical consideration.

**TASK 3- Cultural influences on food**

Why are Australians preparing more foods from other cultures than they were 10-15 years ago?

Why has there been a huge increase in the availability of multicultural food ingredients in food stores across Australia?

Give 3 examples of dishes and ingredients that your family eats or that you have cooked this year that have influences from other cultures