# Skill-Building Challenge Worksheet: Accessing Valid Nutrition Information

Name: Blank Class: Blank Date: Blank

Since there is so much bad nutrition information available to you, it is important to learn how to find information that is accurate. You could go see a dietitian, but not everyone can afford to pay for nutrition advice. Instead, we often get our information online. Learning where to go for the best information is important.

Conduct online research on the following types of diets and answer the questions provided. Make sure the sources you identify are valid and reliable.

**LACTO-OVO VEGETARIAN**

1. What is a lacto-ovo vegetarian?

2. Plan a lacto-ovo vegetarian diet for one day. Be sure the diet you plan demonstrates balance, variety, moderation, and adequacy.

**VEGAN**

1. What is a vegan diet?

2. What are the primary nutritional concerns about vegan diets when it comes to providing a balanced and varied diet?

3. Modify your lacto-ovo vegetarian diet to a vegan diet. Be sure that it demonstrates balance, variety, moderation, and adequacy.

**PESCO-VEGETARIAN**

1. How does a pesco-vegetarian differ from a vegan or lacto-ovo vegetarian?

2. Are there any known health benefits or risks to this type of diet?

**SOURCES**

What websites did you use to find you information? Write them below.