

**Reading**

1. Read Steve’s letter. Then write your advice for him.

I want to be a vegetarian, but I don’t know much about it. I think it’s wrong to kill animals for food, but my friends tell me I’m nuts. They say vegetarians eat weird food, and I’m going to drive my parents crazy. Can you give me some advice?

Steve, 15 years old

Your advice: \_\_\_\_\_

2. Read the two letters to Steve. Do the letters mention your advice?

**A.**

Dear Steve,

I’m a vegetarian too! Tell your friends they’re nuts. There’s nothing weird about being a vegetarian. But you’re going to have to talk to your parents, especially your mom, if she does the cooking. It’ll be more work for her because she’ll have to make special dishes without meat. (I help with the cooking now, so my parents are happy I’m a vegetarian!) The next time you’re in a bookstore or library, look for a cookbook with vegetarian recipes. Or better yet, download recipes from the Web. There are really cool web sites for vegetarians.

Ana

**B.**

Steve,

When I decided to become a vegetarian, my doctor told me that the most important thing was variety. (I started off eating potato chips and salad all the time, and that definitely wasn’t good for me!) I make sure I eat lots of fruit, vegetables, beans, bread, nuts, and tofu. The tofu has a lot of protein, and I really like it. I also eat eggs and dairy products, such as milk and yogurt; some vegetarians don’t. Anyway, good luck! You’re making the right decision.

Carl

3. Write *T* for *True* or *F* for *False* next to each statement.

- \_\_\_ 1. Ana and Carl are vegetarians.
- \_\_\_ 2. Ana’s mother is a vegetarian.
- \_\_\_ 3. Ana says that there are lots of recipes for vegetarian dishes.
- \_\_\_ 4. Carl’s doctor told Carl not to become a vegetarian.
- \_\_\_ 5. Carl doesn’t eat meat, but he eats products that come from animals.

