**Task sheet Summer 2, Week 3 Food Tech, yrs 9 & 10**

1. Read the sheets on vegetarian diets.
2. Answer the 3 questions on the bottom of the page (p71)
3. Devise a two course meal for Lacto Ovo Vegetarian, you do not need to cook this however, I would like the recipe name, the main ingredients and how it is cooked. BBC good food website has lots of recipe ideas.