

World Vegetarian Day Quiz

1. When is World Vegetarian Day celebrated?

- ☐ a) October 1
- ☐ b) November 1
- ☐ c) September 1
- ☐ d) December 1

(Answer: a) October 1)

2. Which organization founded World Vegetarian Day?

- ☐ a) World Health Organization
- ☐ b) North American Vegetarian Society
- ☐ c) Food and Agriculture Organization
- ☐ d) United Nations

(Answer: b) North American Vegetarian Society)

3. In which year was World Vegetarian Day established?

- ☐ a) 1975
- ☐ b) 1977
- ☐ c) 1980
- ☐ d) 1985

(Answer: b) 1977)

4. What is the main aim of World Vegetarian Day?

- ☐ a) Promote tourism
- ☐ b) Encourage healthy living and environmental protection
- ☐ c) Celebrate animal festivals
- ☐ d) Increase food exports

(Answer: b) Encourage healthy living and environmental protection)

5. World Vegetarian Day marks the beginning of which celebration month?

- ☐ a) Vegan Awareness Month
- ☐ b) Vegetarian Awareness Month
- ☐ c) Organic Food Month
- ☐ d) Health Awareness Month

(Answer: b) Vegetarian Awareness Month)

6. Which food item is typically avoided in a vegetarian diet?

- ☐ a) Fruits
- ☐ b) Vegetables
- ☐ c) Meat

☐ d) Grains
(Answer: c) Meat)

7. Which of the following is a good plant-based source of protein?

- ☐ a) Lentils
 - ☐ b) Butter
 - ☐ c) Cheese
 - ☐ d) Chicken
- (Answer: a) Lentils)

8. Which famous Indian leader promoted vegetarianism as part of non-violence?

- ☐ a) Jawaharlal Nehru
 - ☐ b) Mahatma Gandhi
 - ☐ c) Subhas Chandra Bose
 - ☐ d) Bhagat Singh
- (Answer: b) Mahatma Gandhi)

9. Which vitamin is commonly lacking in vegetarian diets?

- ☐ a) Vitamin A
 - ☐ b) Vitamin C
 - ☐ c) Vitamin B12
 - ☐ d) Vitamin D
- (Answer: c) Vitamin B12)

10. Which country has the largest vegetarian population in the world?

- ☐ a) India
 - ☐ b) USA
 - ☐ c) Japan
 - ☐ d) Germany
- (Answer: a) India)

11. What is a lacto-vegetarian diet?

- ☐ a) Includes eggs but no dairy
 - ☐ b) Includes dairy but no eggs
 - ☐ c) Excludes all animal products
 - ☐ d) Includes meat occasionally
- (Answer: b) Includes dairy but no eggs)

12. Which of these foods is rich in plant-based iron?

- ☐ a) Spinach
- ☐ b) Milk
- ☐ c) Fish
- ☐ d) Eggs

(Answer: a) Spinach)

13. Which of the following foods would a vegan avoid?

- ☐ a) Honey
- ☐ b) Tofu
- ☐ c) Almond milk
- ☐ d) Brown rice

(Answer: a) Honey)

14. What environmental benefit is linked to vegetarian diets?

- ☐ a) Increased deforestation
- ☐ b) Reduced greenhouse gas emissions
- ☐ c) Higher water usage
- ☐ d) Increased soil erosion

(Answer: b) Reduced greenhouse gas emissions)

15. Which global event follows World Vegetarian Day on November 1?

- ☐ a) World Vegan Day
- ☐ b) World Environment Day
- ☐ c) World Food Day
- ☐ d) Earth Day

(Answer: a) World Vegan Day)

