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# Interview with a vegetarian

1. *What fruits did you use to eat the most?*

*R= I used to eat apples and bananas the most.*

2. *Did you use to have a favorite meat dish before becoming vegetarian?*

*R= Yes, I used to love steak, but now I prefer plant-based options.*

3. *What are some of your favorite vegan meals now, and how do they compare to what you used to eat before going vegan?*

*R= I absolutely love making vegan tacos now! They're packed with flavor and really satisfying. I used to eat regular tacos with meat, but now I use lentils or jackfruit instead. I didn't use to think I could enjoy tacos without meat, but I've discovered so many delicious plant-based alternatives.*

4. *How did your snack preferences change after you went vegetarian?*

*R= I used to snack on chips, but now I prefer fresh veggies and hummus.*

5. *Are there any vegetables you didn't use to like but now enjoy?*

*R= I didn't use to like Brussels sprouts, but now I love them roasted.*

6. *Did you use to think vegetarian food was bland?*

*R= Yes, I used to think vegetarian food was boring, but I discovered so many flavors.*

7. *What type of cuisine did you use to prefer before switching to vegetarian?*

*R= I used to prefer Italian cuisine, but now I enjoy Indian and Thai vegetarian dishes.*

8. *How often did you use to eat out at restaurants?*

*R= I used to eat out every week, but now I cook more at home.*

9. *What vegan foods or ingredients have you discovered that you didn't use to enjoy, but now you love?*

*R= I used to avoid tofu because I thought it was bland and unappealing. But now, I've learned how to marinate and cook it in so many flavorful ways! It's become a staple in my meals. I didn't use to think I'd enjoy it so much, but now I can't get enough of it!*

10. *Did you use to eat a lot of processed foods?*

*R= Yes, I didn't use to pay attention to processed foods, but now I avoid them.*

11. *What desserts did you use to enjoy that you've modified to be vegetarian?*

*R= I used to love cheesecake, and now I make a vegan version with cashews.*

12. *Have you found any vegan substitutes for your favorite non-vegan foods that you didn't use to think would work?*

*R= Yes! I used to love mac and cheese, but I thought I could never recreate it as a vegan dish. Now, I make a creamy cashew cheese sauce that is just as delicious. I didn't use to believe a plant-based version could be so satisfying, but it's become one of my go-to comfort foods!*

13. *Did you use to struggle with finding vegetarian options when eating out?*

*R= Yes, I used to struggle, but many places now have great vegetarian options.*

14. *What's a vegetarian dish you didn't use to appreciate but love now?*

*R= I didn't use to appreciate eggplant, but now I love it in ratatouille.*

15. *Did you use to cook often before becoming vegetarian?*

*R= I used to cook occasionally, but now I do it almost every day.*

16. *What's a vegan snack you've discovered that you didn't use to enjoy, but now you can't get enough of?*

*R= I used to think hummus was just okay, but now I can't get enough of it! I've started experimenting with different flavors like roasted red pepper and garlic. I didn't use to realize how versatile it could be, but now I love pairing it with veggies or spreading it on sandwiches!*

17. *Are there any herbs or spices you didn't use to cook with?*

*R= I didn't use to use fresh basil much, but now I add it to many dishes.*

18. *What vegetarian snacks do you use to keep on hand?*

*R= I use to keep granola bars and nuts on hand for snacks.*

19. *Did you use to dislike salads?*

*R= Yes, I didn't use to like salads, but now I make creative ones.*

20. *What's a cooking technique you've learned since going vegan that you didn't use to use before?*

*R= I've really gotten into sautéing and stir-frying vegetables, which I didn't use to do much. I used to just steam or roast them. Now, I love how quickly I can cook them while keeping all the flavors vibrant. It's become one of my favorite ways to prepare meals!*