

NOMBRE DEL ALUMNO: RULIAN OSVALDO GÓMEZ MÉNDEZ

Nombre del profesor: ANDRÉS

Materia: inglés V

Grado: 5to semestre

Grupo: Bachillerato – Enfermería

1- What type of food did you used to eat before becoming vegetarian? R- I used to eat a lot of burgers and steak

2- How did you used to feel about vegetarianism? R- I used to think it was extreme, but now love it.

3- What was your favorite non-vegetarian dish that you used to enjoy? I used to love chicken parmesan.

4- Did you used to cook vegetarian meals before adopting this lifestyle? R- No, I didn't use to cook vegetarian meals, but now I love experimenting

5- Were you always interested in vegetarianism ~~or~~ didn't you use to care? R- Honestly, I didn't use to care, but then I learned more.

6- Did you used to think vegetarianism was healthy? R- No, I didn't use to think it was healthy, but now I see the benefits.

7- What's your greatest food passions as a vegetarian? R- I'm passionate about creating delicious vegan desserts

8- What's your favorite vegetarian cuisine? R- I love Indian food, especially the variety of vegetarian options.

9- What food do you get most excited about cooking? R- I love cooking veggie stir-fries with colorful vegetables.

10- Do you have a secret food passion that might surprise people? R- I'm obsessed with vegan cheese.

11- What did you used to eat breakfast, and what's your favorite breakfast food passion now? **I** used to eat eggs and bacon, but now **I** love avocado toast.

12- Didn't use to think vegetarianism was boring? **R**- Yes, but now I'm passionate about exploring new recipes.

13- What's one food you used to crave that you've found a vegetarian alternative for? **R**- I used to crave chicken nuggets, but now I love tofu nuggets.

14- How has your food passion changed since becoming vegetarian? I'm more adventurous and love trying new plant-based foods.

15- What's your favorite food to share with others and why? **R**- I love sharing vegan quiches because they're surprisingly delicious.

1- Did you experience weight gain after adopting a vegetarian diet?

R- Yes, I gained 10 pounds in the first year.

2- What vegetarian food groups do you consume excessively?

R- I eat too much pasta, pizza and veggie burgers.

3- Do you count calories or track your nutrient intake?

R- No, I don't track my caloric intake.

4- How often do you eat out or order takeout?

R- I eat out 3-4 times a week.

5- Do you include protein-rich foods in your meals?

I don't eat enough protein sources.

6- Has your physical activity level changed since becoming vegetarian? R- I've become less active.

7- Do you practice stress-reducing techniques? R- No, I don't.

8- How many hours of sleep do you get nightly? R- 6-7 hours.

9- Have you noticed changes in your appetite or hunger patterns?

R- Yes, I'm hungrier more often.

10- Do you drink enough water throughout the day? R- No, I don't.

11- Have you experienced health issues since gaining weight?
Yes, I have high blood pressure.

12- Do you consult with a healthcare professional or registered dietitian? R- No, I don't.

13- How do you monitor your overall health and wellness? R- I track my weight and body fat percentage.

14- What strategies are you using to achieve a healthy weight? R- I'm trying to eat more whole foods.

15- Do you feel supported in your weight loss journey? R- No, I need more support.