

Nutrition Jeopardy

Instructor's Guide

Nutrition Jeopardy is a game approach to teaching nutrition. It is hoped that the game will increase nutrition knowledge among students with regard to the five categories: Eating Well with Canada's Food Guide, Food Facts, Vitamins and Minerals, Fast Food, and Diet and Disease.

Materials:

- Jeopardy questions
- Jeopardy game board with categories and point cards

1. Set up game board so that all students can see it
(or draw out the categories and points on the chalkboard/whiteboard, as below:)

Nutrition Jeopardy				
Fast Food	Diet and Disease	Eating Well with Canada's Food Guide	Vitamins and Minerals	Food Facts
100	100	100	100	100
200	200	200	200	200
300	300	300	300	300
400	400	400	400	400

2. Divide the class into teams of 4-6 students.
3. Teams take turns answering questions that they select based on category and point level. Explain that the questions get more difficult as the point level increases.
4. If a team is unable to answer a question correctly after a preset time (e.g. 30 seconds), the question goes to the next team. If teams have difficulty answering questions, you can give them some hints.
5. Explain each answer thoroughly as you go through the game.
6. Teams are awarded the assigned points as they answer the questions correctly.
7. Once all questions are answered, count up the points for each team to determine the winning team.

Eating Well with Canada's Food Guide:

- 100 This food group has bread, rice, and pasta products and provides your body with energy. *What is the Grain Products group?*
- 100 Fish, meat, baked beans, and peanut butter belong to this food group? *What is the Meat and Alternatives group?*
- 100 Pop, candy, and chips are part of what food group? *They are not part of any of the food groups.*
- 200 This food group provides your body with rich sources of protein. *What is the Meat and Alternatives group?*
- 200 This food group is the main dietary source of carbohydrates. *What is the Grain Products group?*
- 200 We are encouraged to eat 4-10 servings per day of this food group. *What is Vegetables and Fruit group?*
- 300 Calcium and Vitamin D are the main nutrients in this food group. *What is the Milk & Alternatives group?*
- 300 You need 1-3 servings per day of this food group. *What is the Meat and Alternatives group?*
- 300 These two food groups are good sources of fiber. *What are Vegetables and Fruit, and Grain Products?*
- 400 According to Canada's Food Guide, how much is one serving of fruit juice? *What is a half cup or 125 mL?*
- 400 This is one serving of the milk and alternatives group. *What is one cup or 250 mL milk, 3/4 cup yogurt, or 50g cheese?*
- 400 Tofu belongs to this food group. *What is the Meat and Alternatives group?*

Vitamins and Minerals:

- 100 This is the best way to get the vitamins and minerals your body needs. *What is eating?*
- 100 Milk is the best dietary source of this mineral. *What is Calcium?*
- 100 This vitamin is thought to help prevent colds? *What is Vitamin C?*
- 200 What vitamin and what mineral are especially important in bone strength? *What is Vitamin D and Calcium ?*
- 200 This is known as the sunshine vitamin. *What is Vitamin D?*
- 200 In the past, this vitamin was missing in the sailor's diet? *What is Vitamin C?*
- 300 This vitamin is important for good eyesight. *What is Vitamin A?*
- 300 This B vitamin is found only in foods from animals. *What is Vitamin B12?*
- 300 A lack of this mineral can cause tiredness and trouble concentrating. *What is Iron?*
- 400 This vitamin is especially important for pregnant women? *What is folic acid or folate?*
- 400 Vegetarians often don't get enough of this vitamin. *What is Vitamin B12?*
- 400 This vitamin helps with blood clotting. *What is Vitamin K?*

Food Facts:

- 100 Is a tomato a fruit or a vegetable? *What is a fruit?*
- 100 This Italian dish is very popular and known around the world - especially in North America. *What is Pizza?*
- 100 The province of PEI is most famous for what food. *What are potatoes?*
- 200 This food is one of our oldest foods. *What is butter or eggs?*
- 200 This vegetable is used to make pickles. What are cucumbers?
- 200 This sweet treat originated from beans of the cacao tree. *What is chocolate?*
- 300 Translated from Latin, the name of this dried fruit means ‘a cluster of grapes or berries’. *What are raisins?*
- 300 This vegetable is a member of the cabbage family and is closely related to Cauliflower. *What is broccoli?*
- 300 Nearly all vegetables and fruit are fat free. This delicious fruit does contain fat. It is green and butter-like and has a big pit. *What is Avocado?*
- 400 This dip originated in the Middle East and the main ingredient is chickpeas. *What is hummus?*
- 400 This famous variety of fruit was discovered in the 1700's by Canadian John MacIntosh. *What is the MacIntosh Apples?*
- 400 Eaten fresh in the summer as a vegetable, it becomes a “grain” when dried out. *What is corn on the cob?*

Fast Food:

- 100 The is the favourite fast food of North Americans. *What are hamburgers?*
- 100 Many fast food restaurants offer healthier food choices. True or False? *What is True?*
- 100 This is a healthier alternative to french fries. *What is baked potato or salad?*
- 200 This fast food restaurant is the most popular in the world with more than 30,000 restaurants in 119 countries. *What is McDonalds?*
- 200 This is a healthy beverage alternative to pop and is available at most fast food restaurants. *What is Milk, or 100% Fruit Juice?*
- 200 This practice of offering extra large portions has increased the calories provided by restaurant food over the past two decades. *What is Super-Sizing?*
- 300 This fast food restaurant was the first one on PEI? *What is A&W?*
- 300 Fast food often contains high amounts of Calories, Fat and _____. *What is Sodium (salt)?*
- 300 Which fast food restaurant chain was the first to offer healthier options such as salads and baked potatoes? *What is Wendy's?*
- 400 An average fast food meal contains approximately this percentage of calories from fat. a) 25% b) 50% c) 75% *What is 50%?*
- 400 For every dollar families spent on food in 2001, _____ cents went to restaurant food? a) \$0.10 b) \$0.20 c) \$0.30 *What is \$0.30?*
- 400 These are the main fat sources found in fast food. *What are saturated fat and trans fat?*

Diet and Disease

- 100 This is the most common cause of death in North America. *What is Heart Disease?*
- 100 Eating more fruits, vegetables, and whole grains can help you prevent this disease. *What is cancer?*
- 100 In addition to eating healthy foods, we need to do this to keep our bodies healthy. *What is exercise?*
- 200 The blood sugar levels are controlled by diet and/or insulin in this disease. *What is Diabetes?*
- 200 This is the part of food which you do not digest and it can help prevent some cancers. *What is Fiber?*
- 200 This is a risk factor for many chronic diseases that you cannot change. *What is family history or genetics?*
- 300 If your body cannot digest this sugar in milk, you have this intolerance. *What is lactose or lactose intolerance?*
- 300 This type of fat is produced by a process called hydrogenation and it is associated with increased risk of heart disease. *What is trans fat?*
- 300 Red meat is rich in iron. When too little is consumed it can lead to this. *What is anemia?*
- 400 Adequate calcium intake helps prevent this disease of weakened bones. *What is osteoporosis?*
- 400 If you are allergic to the protein in bread, you have this disease. *What is celiac disease?*
- 400 Sodium (salt) is used by the body to control blood pressure, too much of it can cause this disease in some people. *What is high blood pressure or hypertension?*