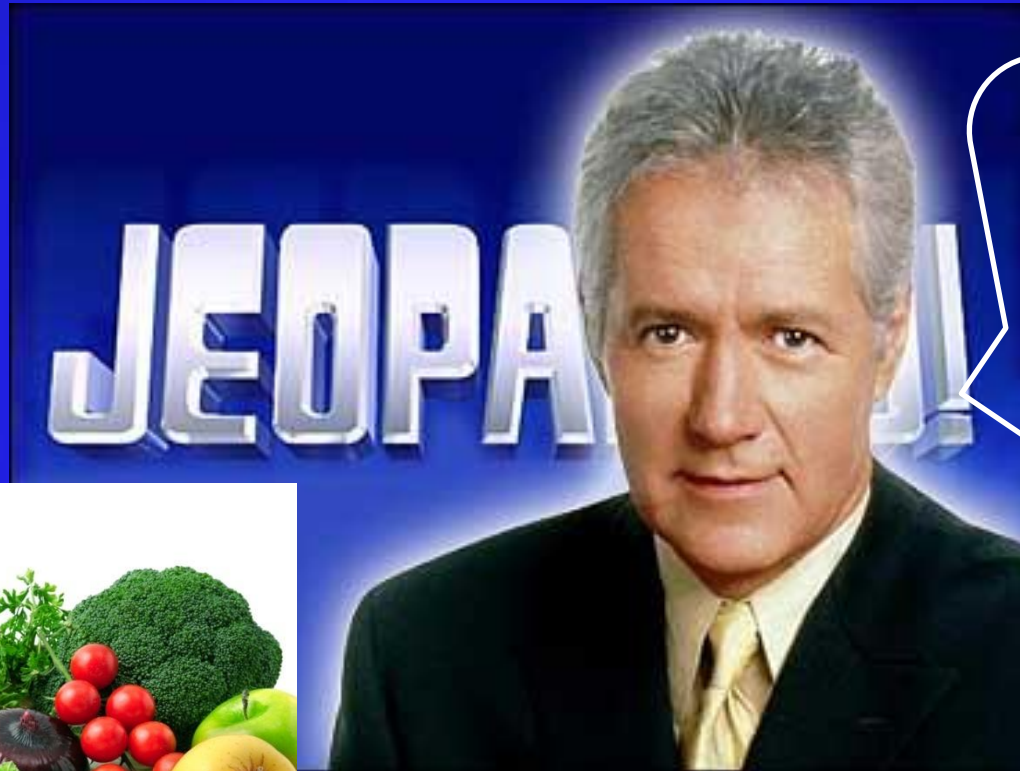


This is...

Nutrition Jeopardy!



What is a
game show
focusing on
healthy
eating?



Please select a category

Name that Fruit/Vegetable	More Matters	MyPlate	Math & Nutrition
<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>
<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>
<u>300</u>	<u>300</u>	<u>300</u>	<u>300</u>
<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>
<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>

Name that Fruit or Vegetable - \$100



Question



Name that Fruit or Vegetable - \$100

What is rhubarb?

Answer



Name that Fruit or Vegetable - \$200



Question



Name that Fruit or Vegetable - \$200

What is a star fruit?

Answer



Name that Fruit or Vegetable - \$300



Question



Name that Fruit or Vegetable - \$300

What is butternut squash?

Answer



Name that Fruit or Vegetable - \$400



Question



Name that Fruit or Vegetable - \$400

What is a persimmon?

Answer



Name that Fruit or Vegetable - \$500



Question



Name that Fruit or Vegetable - \$500

What are turnips?

Answer



More Matters - \$100

List 1 way to include a serving of fruit or vegetables to this meal:



Question



More Matters - \$100

What is including a side salad (2 cups), baby carrots (1 cup), an apple (1 medium) or drinking 1 cup of 100% orange juice?

Answer



More Matters - \$200

List 1 way to include a serving of fruit or vegetables to this meal:



Question



More Matters - \$200

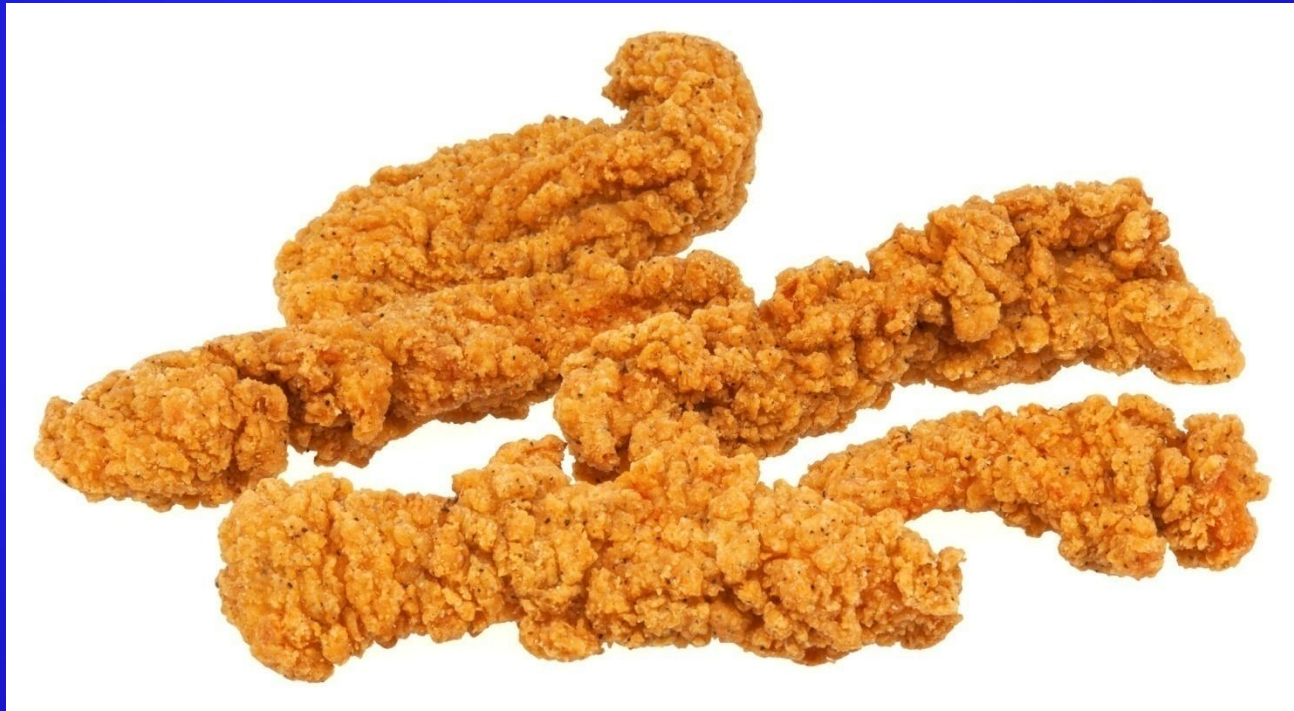
What is adding vegetables in the sauce (mushrooms, zucchini, onion), adding a side salad (2 cups), or a side of green beans (1 cup)?

Answer



More Matters - \$300

List 1 way to include a serving of fruit or vegetables to this meal:



Question



More Matters - \$300

What is adding to a salad (2 cups lettuce), adding steamed vegetables on the side (1 cup), sliced raw veggies (1 cup) or 1 medium fruit?

Answer



More Matters - \$400

List 1 way to include a serving of fruit or vegetables to this meal:



Question



More Matters - \$400

What is adding tomatoes and dark green lettuce to the burrito, eating a side salad, adding fresh salsa or cowboy salad to the burrito?

Answer



More Matters - \$500

List 1 way to include a serving of fruit or vegetables to this meal:



Question



More Matters - \$500

What is stir frying with some vegetables (cabbage, onion, bell pepper, carrots, mushrooms), adding a salad on the side or a eating a piece of fruit also?

Answer



MyPlate- \$100

These are the 5 food groups of MyPlate.

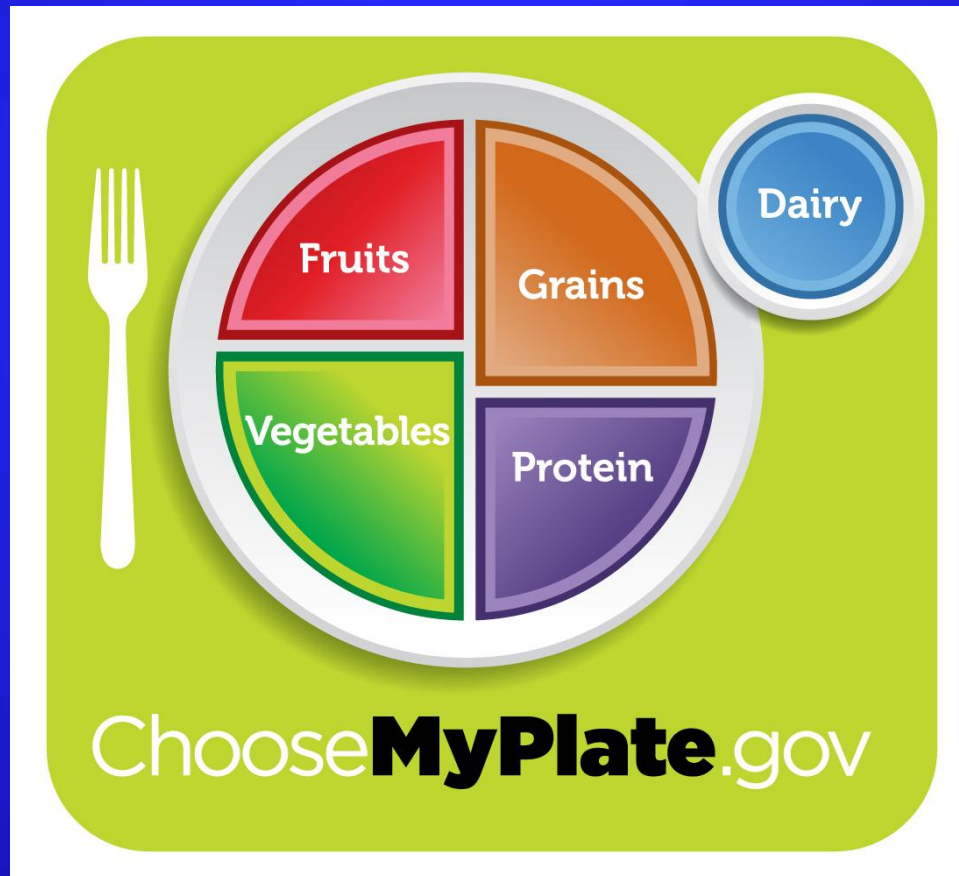


Question



MyPlate- \$100

What are Vegetables, fruit, protein, grains and dairy?



Answer



MyPlate- \$200

Name the fraction (or percent) of your plate that should be fruits and vegetables.



Question



MyPlate- \$200

What is one-half ($1/2$) or 50%?



Answer



MyPlate- \$300

**Name three benefits of eating fruits
and vegetables**

Question



MyPlate- \$300

What are:

- Decreased risk of disease
- better performance in school/sports
- healthy skin
- healthy weight
- Increased vitamins & minerals
- They taste great!



Answer



MyPlate- \$400

Name 3 vegetables in the red/orange category?

Question



MyPlate- \$400

What are tomatoes, pumpkins, red bell peppers, carrots, and butternut squash?



*Red vegetables contain antioxidants like lycopene and orange vegetables contain vitamin A which is good for our eyes!

Answer



MyPlate- \$500

The number of servings of fruits and vegetables are recommended every day for your age group?

Question



MyPlate- \$500

What is...

Daily Recommendations			
	Vegetable Servings	Fruit Servings	Total
<i>Boys (9-13 years)</i>	2 ½	1 ½	4
<i>Girls (9-13 years)</i>	2	1 ½	3 ½

Answer



Math & Nutrition - \$100

You had $\frac{1}{2}$ cup of dried mangos, how many serving(s) of fruit did you have?

Question



Math & Nutrition - \$100

What is 1 serving?

$\frac{1}{2}$ cup dried fruit = 1 cup fruit



Math & Nutrition - \$200

One serving of lettuce is 2 cups. You have a salad that is 1.5 cups, how many servings did you eat?

Question



Math & Nutrition - \$200

What is .75 servings?

$1 \text{ serving} / 2 \text{ cups} * x \text{ servings} / 1.5 \text{ cups}$



Answer



Math & Nutrition - \$300

How many serving(s) of fruits and vegetables did this person eat with their lunch?



Amount	Food
1 whole	Turkey Sandwich
½ cup	Baby carrots
½ cup	Strawberries
1 cup	Non-fat milk

Question



Math & Nutrition - \$300

What is 1 serving ($\frac{1}{2}$ servings of vegetables and $\frac{1}{2}$ servings of fruit)?

Amount	Food
1 whole	Turkey Sandwich
$\frac{1}{2}$ cup	Baby carrots
$\frac{1}{2}$ cup	Strawberries
1 cup	Non-fat milk

$\frac{1}{2}$ cup
strawberries
= $\frac{1}{2}$ serving
of fruit

$\frac{1}{2}$ cup
carrots = $\frac{1}{2}$
serving of
vegetables

Answer



Math & Nutrition - \$400

Below is the nutrition facts panel for one serving of potato chips, how many calories would you eat if you had half of the 9.5 oz bag?



The image shows the front of a yellow bag of Lay's Classic Potato Chips. The Lay's logo is prominently displayed in the center, with the word 'Classic' below it. Below the text, there is a photograph of a whole potato and several potato chips. At the bottom left of the bag, the words 'Potato Chips' are printed.

Nutrition Facts
Serving Size 1 oz (28g/About 15 chips)

Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Potassium 350mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	5%
Sugars less than 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 10%
Calcium 0%	Iron 2%
Vitamin E 6%	Thiamin 4%
Niacin 6%	Vitamin B6 10%
Magnesium 4%	Zinc 2%

Ingredients: Potatoes, Vegetable Oil (Sunflower, Corn and/or Canola Oil), and Salt.

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Question



Math & Nutrition - \$400

What is 680 calories?

$$9.5 \text{ oz} / 2 = 4.25 \text{ oz}$$

$$4.25 \text{ oz} * 160 \text{ calories} = 680 \text{ calories}$$

Answer



Math & Nutrition - \$500

A student burns 67.5 calories every 10 minutes of running. How many minutes would you have to run to burn off a single serve pack of oreos (6 oreos) which has 270 calories?



Question



Math & Nutrition - \$500

What is 40 minutes of running?

10 minutes/67.5 calories = x minutes/270 calories



Answer

