



FITNESS AND NUTRITION JEOPARDY

DELAWARE 4-H *Healthy Living*

GOALS

To review concepts of healthy eating, wholesome beverages, and basic physical fitness. Participants will increase knowledge of nutrition and fitness.

SUPPLIES

- This sheet of paper
- White erase board, or flipchart paper
- Question and Answer Key attached

TIME REQUIRED

25-30 minutes

SUGGESTED AUDIENCE

Ages 8 and up

PROCEDURE

1. Separate youth into teams of about 5-6 youth.
2. Tell them you will be playing a game to learn more about healthy eating and healthy activities.
3. Choose a number between 1-10 and have one youth from each team try to guess to correct number to determine the team that chooses first.
4. Have one student from each team be the team representative, making them the only team member allowed to choose the question and submit the final answer. The youth in the team may work together to decide on a question and an answer, but only the representative can speak for the team.
5. Have youth choose and answer questions, receiving points for correct answers as indicated by the chosen question. The team receives no points for an incorrect answer.
6. Have each team choose one question until there are no more left on the board to choose. The winner is the team at the end with the most points.

REFLECT: Ask Youth

1. What new facts about nutrition or fitness did you learn today?
2. Do you think these recommendations are hard to follow? Which ones might be hardest to follow? And which do you find the easiest to follow?
3. How might you persuade your friends and family to follow these healthy recommendations?

APPLY: Ask Youth

1. As a result of this game, what healthy food group guideline will you commit to following?

Thank you for participating in this fun activity!



Cooperative Extension
COLLEGE OF AGRICULTURE &
NATURAL RESOURCES

For information on booking 6-10 hours for your club or students, visit our website at <http://extension.udel.edu/4h>. Or call your County Cooperative Extension Office.



Our thanks for supporting DE 4-H
"Youth Voice, Youth Choice"
building healthy communities
through engaged youth!



DELAWARE 4-H Healthy Living

NUTRITION AND FITNESS JEOPARDY

Sample Board:

<u>Fruits</u>	<u>Vegetables</u>	<u>Grains</u>	<u>Protein</u>	<u>Dairy</u>	<u>Fitness</u>
100	100	100	100	100	100
200	200	200	200	200	200
300	300	300	300	300	300
400	400	400	400	400	400
500	500	500	500	500	500

Questions & Answer Key:

<u>Fruits</u>	<u>Vegetables</u>	<u>Grains</u>	<u>Protein</u>	<u>Dairy</u>	<u>Fitness</u>
<p>100</p> <p>Give examples of three red fruits.</p>	<p>100</p> <p>Give examples of three green vegetables.</p>	<p>100</p> <p>Which is a healthier choice, whole wheat bread or white bread? <i>Whole Wheat Bread</i></p>	<p>100</p> <p>Give an example of a good protein to eat for breakfast. <i>Eggs, bacon, peanut butter on toast, etc.</i></p>	<p>100</p> <p>How many cups of dairy are you supposed to drink each day, 1, 3, 5 or none? <i>3 cups</i></p>	<p>100</p> <p>If a person consumes more calories than they burn off, will they lose or gain weight?</p>
<p>200</p> <p>How many cups of fruit should you eat each day, 1.5-2, 3-4, 5-6 or none? <i>1.5-2 Cups</i></p>	<p>200</p> <p>How many cups of vegetables should you eat each day, 0, 2-3, 5-6 or 10? <i>2-3 Cups</i></p>	<p>200</p> <p>How many ounces of grains should you eat each day, 2, 6, 10, or 20? <i>About 6 ounces</i></p>	<p>200</p> <p>How many ounces of protein should you eat each day, 1-2, 5-6, 8-10 or 24? <i>5-6 ounces</i></p>	<p>200</p> <p>If you are lactose intolerant, what is another type of milk that can be drunk? <i>Soy, Almond, Coconut, Lactose Free</i></p>	<p>200</p> <p>How many minutes per day should you be physically active? <i>60 minutes</i></p>
<p>300</p> <p>One cup of what type of drink can be including as a serving in the fruit food group? <i>100% Fruit Juice or Smoothie</i></p>	<p>300</p> <p>At each meal, how much of your plate should be fruits and vegetables? <i>About Half</i></p>	<p>300</p> <p>How much of all the grains you eat each day should be whole? <i>Half</i></p>	<p>300</p> <p>What are three examples of non-meat or plant based protein sources? <i>Seeds, nuts, beans</i></p>	<p>300</p> <p>Which of the following types of milks has the lowest amount of fat, whole, 2%, 1% and skim? <i>Skim</i></p>	<p>300</p> <p>What are the three main categories of physical activity? <i>Cardio/Aerobic, Flexibility and Strength Training</i></p>
<p>400</p> <p>What fruit is the same name as it's color and is high in Vitamin C, which helps prevent the common cold? <i>Oranges</i></p>	<p>400</p> <p>True or false, one cup of French fries counts as 1 vegetable serving? <i>False</i></p>	<p>400</p> <p>True or false, popcorn is a good snack because you can eat large amounts of it while consuming little calories? <i>True</i></p>	<p>400</p> <p>What meal of the day is it best to make sure to consume protein? <i>Breakfast</i></p>	<p>400</p> <p>What is a major nutrient found in dairy products that helps build strong bones and teeth? <i>Calcium or Vitamin D</i></p>	<p>400</p> <p>Which of the three main types of exercise is best for building strong bones? <i>Strength Training</i></p>
<p>500</p> <p>True or false, grapes are considered berries? <i>True</i></p>	<p>500</p> <p>What vitamin is found in carrots and helps with eye sight and healthy skin? <i>Vitamin A</i></p>	<p>500</p> <p>Which two of the following parts of a grain are removed from whole grains to make white grains, taking important nutrients with them, bran, germ or endosperm? <i>Bran and germ</i></p>	<p>500</p> <p>What does it mean when we say a protein is a lean protein? <i>Minimal fat content</i></p>	<p>400</p> <p>What is a major nutrient found in dairy products that helps build strong bones and teeth? <i>Calcium or Vitamin D</i></p>	<p>500</p> <p>How many hours maximum per day should be spent on TV, computers or phones? <i>2 hours</i></p>