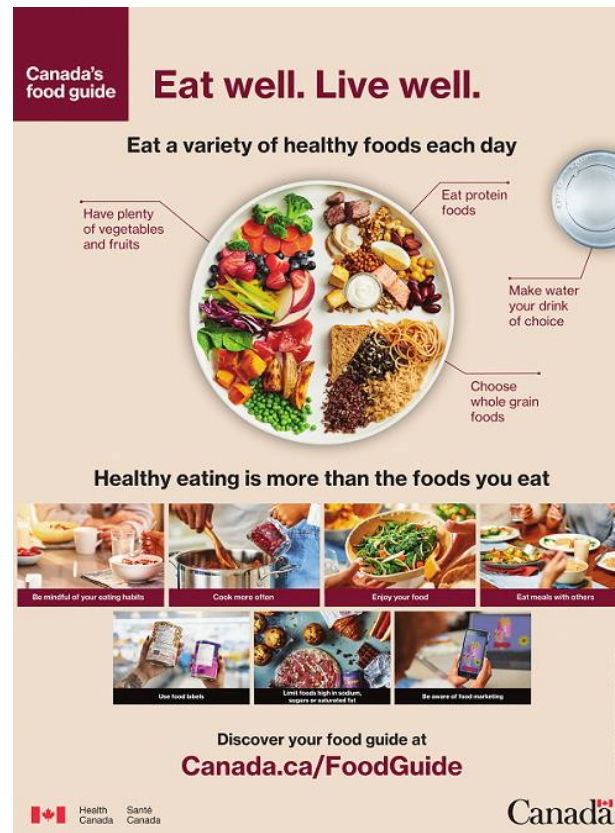


# NUTRITION JEOPARDY!

Canadian Food Guide	Breakfast Blast	Healthy Habits	Super Snacks	Sports & Nutrition	Get Moving!
<u>100</u>	<u>100</u>	<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>200</u>	<u>200</u>
<u>300</u>	<u>300</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>400</u>	<u>400</u>
<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>

## **INSTRUCTIONS TO PLAY NUTRITION JEOPARDY:**

- Play individually or in groups.
- Pick a category and a point value.
- One person reads the question out loud. May work best to have one person designated for reading the questions like the host of the Nutrition Jeopardy game 😊. This person could also keep track of the points.
- To see if a student or group is correct, the host will read the answers which are provided.
- If the student or team is correct, they are awarded the point value of the question. There are 4 DAILY DOUBLES in the game where the individual or groups will receive double the points if they answer the question correctly.
- Continue until all questions have been answered. The team with the most points wins.
- The Canadian Food Guide is provided below and can be found at <https://food-guide.canada.ca/en/>



## **CANADIAN FOOD GUIDE:**

**100** – How many different food choices are there on the Canadian Food Guide?

**200** – What are the different food choices on the Canadian Food Guide?

**300** – How much of each different food choice should you have when sitting down to eat? Describe it according to how much on a dinner plate.

**400 – DAILY DOUBLE:** Limit eating highly \_\_\_\_\_ foods. If you choose these foods instead of making your own meals, eat them less often and in small amounts.

**500** – What are the benefits of reading food labels on packages?

## **BREAKFAST BLAST:**

**100** – A healthy breakfast includes foods from how many food choices?

**200** – Name two reasons why it is important to eat breakfast.

**300** – Which is a healthier breakfast: cooked oatmeal or Oatmeal to Go bar?

**400** – Many breakfast cereals are low in fibre and high in \_\_\_\_\_.

**500** – Why does the word “breakfast” describe what is happening in the body perfectly in the morning?

## **HEALTHY HABITS:**

**100** – What should you always do before eating to make sure that you don’t get germs and bacteria on your food?

**200 - DAILY DOUBLE:** Why should you have a variety of food choices?

**300** – Why is it important to eat your meals with no technology or electronics on?

**400** – Why is it important to cook more often at home than eating out at restaurants or picking up delivery?

**500** – Why is it important to enjoy eating meals with others such as family or friends?

## **SUPER SNACKS:**

**100** – A granola bar is always a healthier choice than a chocolate bar. True or False?

**200** – Drinking 100% fruit and vegetable juices give you all the same nutrients as eating vegetables and fruits. True or False?

**300** – Eating whole grain bread is healthier for you than white bread. True or False?

**400** – Milkshakes and ice cream are healthy snacks because they contain milk. True or False?

**500** – Snacks should be high in fibre, vitamins and minerals and low in these 3 items F \_\_, S \_\_\_\_, and S \_\_.

## **SPORTS & NUTRITION:**

**100** – **DAILY DOUBLE:** This is the best thing to drink throughout the day and when being active for less than one hour.

**200** – How many minutes of physical activity do 5-17-year old's need every day?

**300** – You have to do all of your physical activity for the day at one time. True or False?

**400** – Meats, eggs, dairy and legumes help to build muscle because they contain this nutrient \_\_\_\_\_.

**500** – What is the recommended amount of energy drinks for active youth?

## **GET MOVING:**

**100** – 10 toe touches

**200** – 10 jumping jacks

**300** – 10 squats

**400** - 10 pushups

**500** – **DAILY DOUBLE:** 10 burpees with pushups when you go down

## ANSWER KEY

### CANADIAN FOOD GUIDE:

**100** – How many different food choices are there on the Canadian Food Guide?

**There are 3 food choices.**

**200** – What are the different food choices on the Canadian Food Guide?

**Fruits/Vegetables, Whole Grains, Proteins**

**300** – How much of each different food choice should you have when sitting down to eat? Describe it according to how much on a dinner plate.

**Half your plate filled with fruits and vegetables, quarter of your plate filled with whole grains and a quarter of your plate filled with proteins.**

**400** – Limit eating highly \_\_\_\_\_ foods. If you choose these foods instead of making your own meals, eat them less often and in small amounts.

**Processed. Eating highly processed foods increases your intake of sodium, sugars and saturated fats which can impact your health.**

**500** – What are the benefits of reading food labels on packages?

**Food labels provide information you can use to make informed choices about foods and drinks at the grocery store and at home. Food labels can help you:**

- **compare and choose products more easily**
- **know what ingredients a food product contains**
- **choose products with a little or a lot of the nutrients that are of interest to you**

## **BREAKFAST BLAST:**

**100** – A healthy breakfast includes foods from how many food choices?  
**All three food choices.**

**200** – Name two reasons why it is important to eat breakfast.  
**1) To give you energy for the day**

**To put it into perspective:**

**“Imagine you are a car. After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road. You need to provide enough new energy for your body to get started and to keep you functioning until lunch.”**

**2) So you can concentrate better – helps you do better in school**

**300** – Which is a healthier breakfast: cooked oatmeal or an Oatmeal to Go bar?  
**Cooked oatmeal since it has less sugar and fat plus it isn’t processed. Adding fruit is a bonus!**

**400** – Many breakfast cereals are low in fibre and high in \_\_\_\_\_.  
**Sugar and sometimes salt.**

**500** – Why does the word “breakfast” describe what is happening in the body perfectly in the morning?  
**As the name suggests, breakfast breaks the overnight fasting period. It replenishes your supply of glucose to boost your energy levels and alertness, while also providing other essential nutrients required for good health.**

## **HEALTHY HABITS:**

**100** – What should you always do before eating to make sure that you don’t get germs and bacteria on your food?  
**Wash your hands with soap and warm water for a minimum of 20 seconds (sing the ABC song)**

**200** - Why should you have a variety of food choices?  
**To get a variety of vitamins and minerals that your body needs to be healthy as well as having a variety of textures, tastes and flavours.**

- 300** – Why is it important to eat your meals with no technology or electronics on?  
**So that you are mindful of your eating - what does the food taste like, how does the food smell, what are the flavours, and so that you are not distracted and don't realize when you are full.**
- 400** – Why is it important to cook more often at home than eating out at restaurants or picking up delivery?  
**You know what goes into your meals when you cook at home; you have control over how much sugar, oils, salt and other ingredients go into the meals. You can add healthy ingredients!**
- 500** – Why is it important to enjoy eating meals with others such as family or friends?  
**Eating a meal with family or friends can be enjoyable since you are connecting and socializing – sharing stories, favourite parts of your day, worries, fears, as well as funny events and maybe even some jokes. You can also talk about the foods, tastes, flavours, etc. in the meal. In addition, you may share food traditions, and sometimes you may be more willing to try new healthy foods when in the company of others!**

### **SUPER SNACKS:**

- 100** – A granola bar is always a healthier choice than a chocolate bar. True or False?  
**False. Some granola bars have as much fat and sugar as chocolate bars. Read the labels.**
- 200** – Drinking 100% fruit and vegetable juices give you all the same nutrients as eating vegetables and fruits. True or False?  
**False. They may have some of the same nutrients except for fibre which is very good for your heart and your digestive system. Also, the chewing of the food is good for you and often brings enjoyment and more flavour.**
- 300** – Eating whole grain bread is healthier for you than white bread. True or False?  
**True. Whole grain bread has more nutrients than white bread. Many of the healthy parts of the grain have been removed in white bread especially the fibre.**
- 400** – Milkshakes and ice cream are healthy snacks because they contain milk. True or False?  
**False. These items do contain milk, but they also contain lots of sugar and fat; therefore, they should not be eaten often but sometimes as a treat.**
- 500** – Snacks should be high in fibre, vitamins and minerals and low in these 3 items F\_\_, S\_\_\_\_, and S\_\_\_\_.  
**Fat, Sugar and Salt**

## **SPORTS & NUTRITION:**

**100** – This is the best thing to drink throughout the day and when being active for less than one hour.

**Water. Being active dehydrates you, and you need to stay hydrated.**

**200** – How many minutes of physical activity do 5-17-year old's need every day?

**A minimum of 60 minutes of moderate to vigorous intensity physical activity each day**

**300** – You have to do all of your physical activity for the day at one time. True or False?

**False. Every bit counts! As little as 10 minutes of activity at a time can add up to your daily total.**

**400** – Meats, eggs, dairy and legumes help to build muscle because they contain this nutrient \_\_\_\_\_.

**Protein**

**500** – What is the recommended amount of energy drinks for active youth?

**None! Not recommended at all for anyone 18 years of age or under.**

## **GET MOVING:**

**100** – 10 toe touches

**200** – 10 jumping jacks

**300** – 10 squats

**400** - 10 pushups

**500** – 10 burpees with pushups when you go down

**If you are playing as a team, then the whole team must perform the task presented in order to get the points.**