



Nutrition Jeopardy

Jeopardy created by:

USDA project funded through the Supplemental Nutrition Assistance Program

School District of Philadelphia

Department of Nutrition Sciences, Drexel University



Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DPW's toll-free Helpline at 800-692-7462 or 215-430-0556. This institution is an equal opportunity provider and employer.



Rules...

❖ **Timing**

❖ **Stealing**

❖ **Final Jeopardy**

❖ **The game administrator will have the final call as to which team gets the points.**



Nutrition Jeopardy!

Energy Balance	Drinks	Snacks	SoFAS	Wild Card
<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>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>500</u>	<u>500</u>	<u>500</u>	<u>500</u>	<u>500</u>

Final Jeopardy

Energy Balance for 100

What does a calorie measure?



Correct

20	19	18	17	16
15	14	13	12	11
10	9	8	7	6
5	4	3	2	1

Time's Up!

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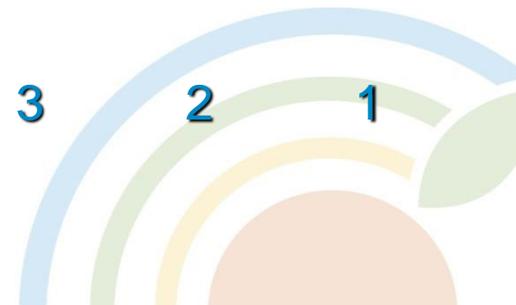
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Energy Balance for 100

- A calorie measures energy.
- Calories are taken into the body from eating and drinking, and then the body burns calories for energy.



• [Back to Board](#)



Energy Balance for 200



Which type of fat is a healthy fat?

1. Trans Fat
2. Saturated Fat
3. Unsaturated Fat
4. Pork fat

Correct

20	19	18	17	16
15	14	13	12	11
10	9	8	7	6
5	4	3	2	1

Time's Up!

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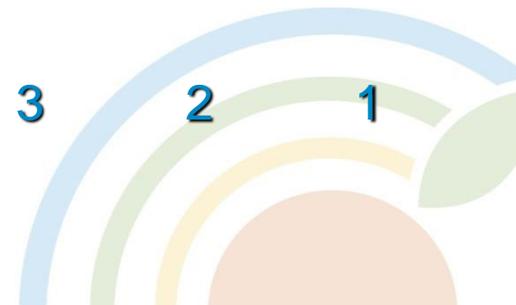
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Energy Balance for 200

• **Unsaturated fats are healthy fats. They are usually liquid at room temperature.**

• **Examples:**

-Nuts

-Fish

-Olive and Vegetable Oils

-Avocado



• **Saturated fats and trans fats are solid at room temperature and can increase risk for heart disease and raise cholesterol.**

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Energy Balance for 300

Whole Grains are important because they supply our body with _____, which helps with heart health and digestion.



Correct

20	19	18	17	16
15	14	13	12	11
10	9	8	7	6
5	4	3	2	1

Time's Up!

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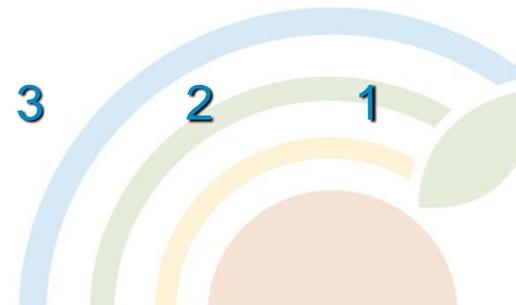
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Energy Balance for 300

- **Dietary Fiber**



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Energy Balance for 400

Carbohydrates are a great source of energy. Name the two types of carbohydrates.



Correct

20	19	18	17	16
15	14	13	12	11
10	9	8	7	6
5	4	3	2	1

Time's Up!

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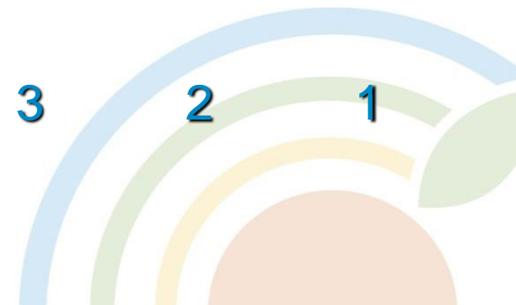
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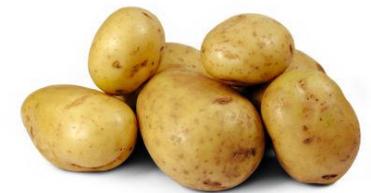
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Energy Balance for 400

- **Simple**



• **Back to Board**



Energy Balance for 500



Name the three nutrients that supply us with calories.

Correct

20	19	18	17	16
15	14	13	12	11
10	9	8	7	6
5	4	3	2	1

Time's Up!

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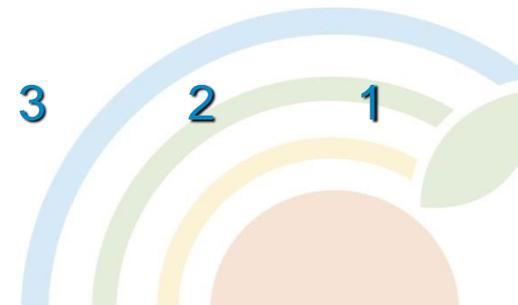
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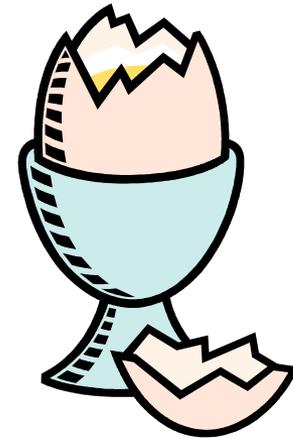
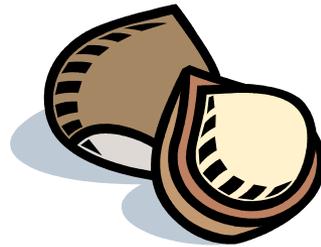
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Energy Balance for 500

- Carbohydrates
- Protein
- Fat



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Drinks for 100

This beverage provides no calories and is the best way to stay hydrated.



Correct

20	19	18	17	16
15	14	13	12	11
10	9	8	7	6
5	4	3	2	1

Time's Up!

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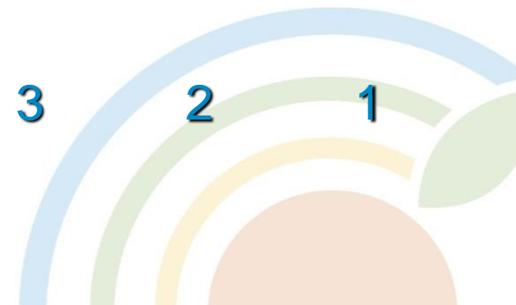
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Drinks for 100

WATER!



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Drinks for 200

What kind of juice counts as a fruit on MyPlate?



Correct

20	19	18	17	16
15	14	13	12	11
10	9	8	7	6
5	4	3	2	1

Time's Up!

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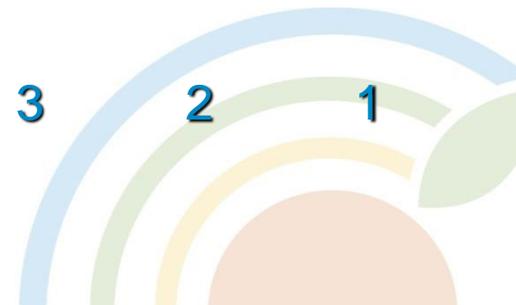
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Drinks for 200

100% fruit juice



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Drinks for 300



Which type of milk has the most protein, vitamins and minerals?

1. Skim (Fat-Free)
2. Whole
3. They have the same amount.

Correct

20	19	18	17	16
15	14	13	12	11
10	9	8	7	6
5	4	3	2	1

Time's Up!

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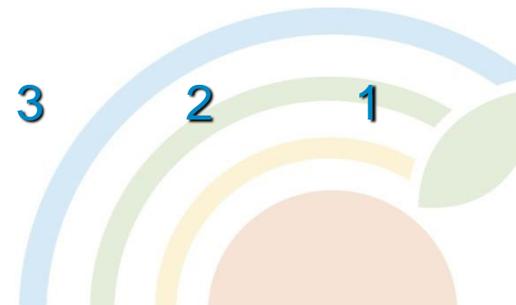
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Drinks for 300

•They have the same amount. Lower fat milks contain the same amount of vitamins, minerals, and protein as whole milk. Whole milk simply contains more saturated fat and calories.



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Drinks for 400

When would be a good time to drink a sports drink?



Correct

20	19	18	17	16
15	14	13	12	11
10	9	8	7	6
5	4	3	2	1

Time's Up!

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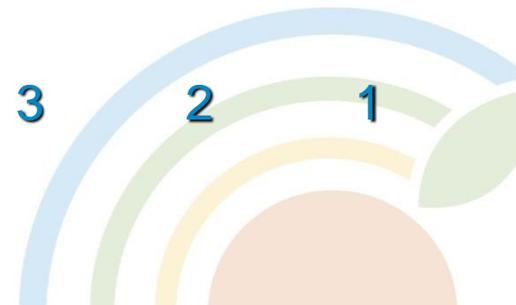
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Drinks for 400



- When you are doing vigorous-intensity physical activity for more than 60 minutes.

- The carbohydrates in sports drinks refuel athletes who have been exercising for extended periods of time.

- For shorter workouts, or just during the day, **CHOOSE WATER!**



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Drinks for 500

What is the difference between the sugar found in sodas and the sugar found in 100% fruit juice or milk?



Correct

20	19	18	17	16
15	14	13	12	11
10	9	8	7	6
5	4	3	2	1

Time's Up!

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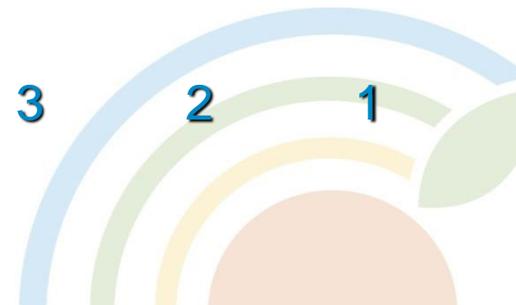
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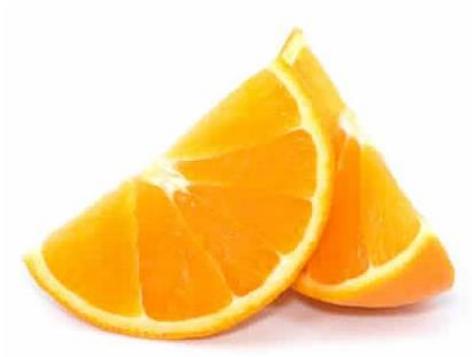
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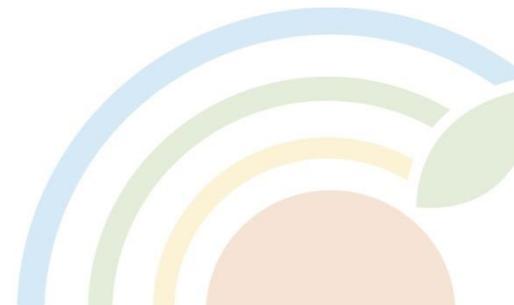


Drinks for 500

- Soda contains added sugar, while 100% fruit juice and milk contain natural sugar, in the form of fructose and lactose.



- Back to Board



Snacks for 100



Which snack food contains healthy fat?

1. Chips
2. Almonds
3. Cookies
4. Candy Bars

Correct

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Time's Up!

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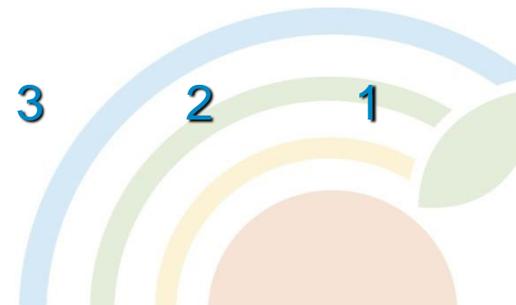
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Snacks for 100

- Almonds are high in fat, but they contain unsaturated fats instead of saturated fat like the other snack items.
- Unsaturated fat protects the heart against heart disease.

• [Back to Board](#)



Snacks for 200



When reading a food label on a snack food, what % Daily Value of fat is considered to be high?

Correct

20	19	18	17	16
15	14	13	12	11
10	9	8	7	6
5	4	3	2	1

Time's Up!

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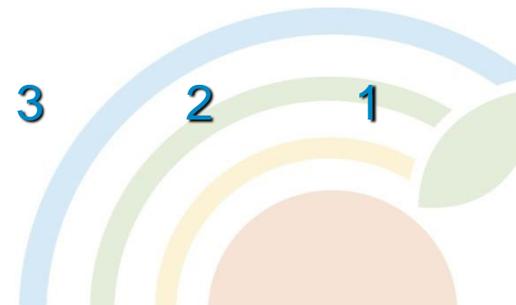
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Snacks for 200

- **20% Daily Value or higher**



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Snacks for 300



Snack foods and commercially prepared foods often contain a lot of this mineral and are best eaten sparingly.

Correct

20	19	18	17	16
15	14	13	12	11
10	9	8	7	6
5	4	3	2	1

Time's Up!

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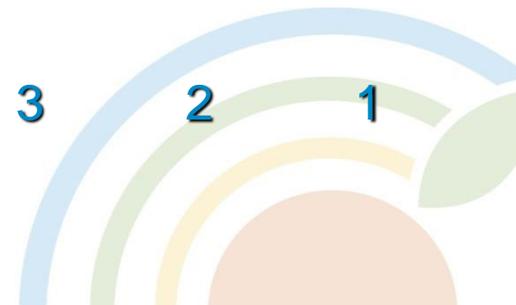
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Snacks for 300

• **Sodium.** Salt helps prevent spoiling and brings out the flavors in foods.



We should limit our sodium intake to less than 2,300 milligrams/day.

• [Back to board](#)



Snacks for 400



If a snack food is fat-free or low-fat, what might have been added to it to increase flavor?

Correct

20	19	18	17	16
15	14	13	12	11
10	9	8	7	6
5	4	3	2	1

Time's Up!

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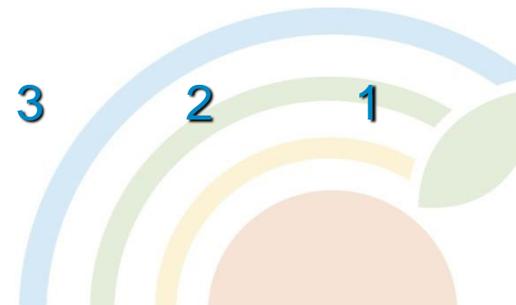
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Snacks for 400

Sugar is used in place of the fat, adding more calories to food.



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Snacks for 500



Which of the following is NOT a healthy snacking tip?

1. Eat smaller portions
2. Do not eat in front of the TV
3. Choose low fat foods
4. Eat fast so you do not feel too full

Correct

20	19	18	17	16
15	14	13	12	11
10	9	8	7	6
5	4	3	2	1

Time's Up!

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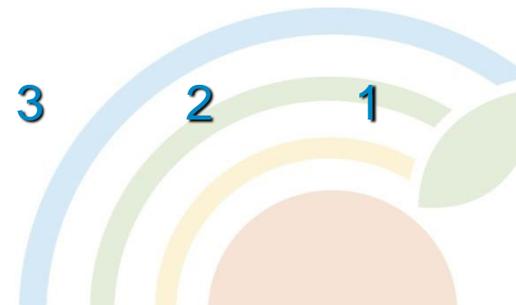
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Snacks for 500

Eat fast so you do not feel too full

The 6 snacking tips are as follows...

- **Smaller portions**
- **Not front of the TV**
- **Am I really hungry?**
- **Choose low fat snacks from MyPlate**
- **Kitchen is a good place to snack**
- **Sit down, slow down, savor and enjoy.**



SoFAS for 100



The 2010 Dietary Guidelines recommend that we limit the amount of SoFAS in our diet.

What does SoFAS stand for?

Correct

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Time's Up!

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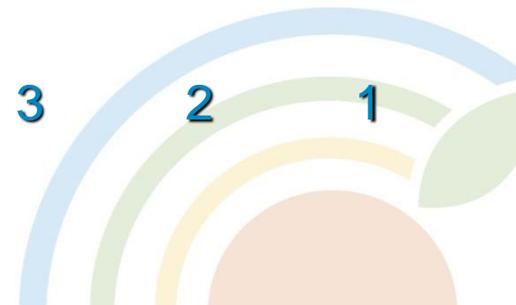
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SoFAS for 100

Solid Fats & Added Sugars

SoFAS are high in calories and low in nutrients.



• Back to Board



SoFAS for 200



Fast Food meals often contain high amounts of what 2 nutrients?

Correct

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Time's Up!

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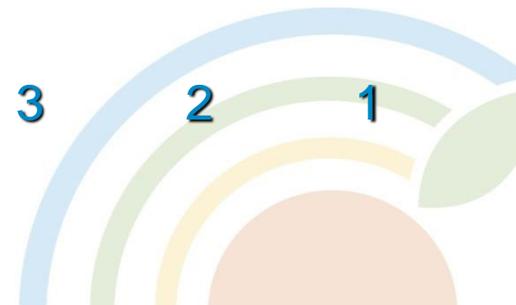
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SoFAS for 200

Saturated Fat & Sodium



• [Back to Board](#)



SoFAS for 300



Name a salad topping that is high in saturated fat.

Correct

20	19	18	17	16
15	14	13	12	11
10	9	8	7	6
5	4	3	2	1

Time's Up!

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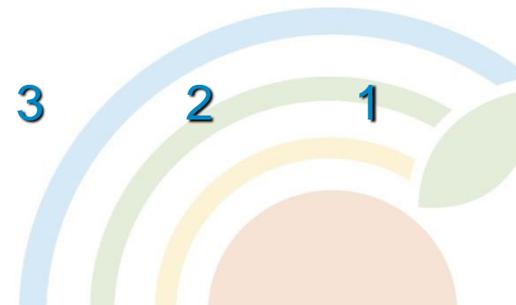
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SoFAS for 300

- creamy dressing
- croutons
- cheese
- sour cream
- fried chicken strips
- meat



• Back to board



SoFAS for 400



How many teaspoons of sugar are in a medium (20 ounce) soda?

Correct

- | | | | | |
|----|----|----|----|----|
| 20 | 19 | 18 | 17 | 16 |
| 15 | 14 | 13 | 12 | 11 |
| 10 | 9 | 8 | 7 | 6 |
| 5 | 4 | 3 | 2 | 1 |

Time's Up!

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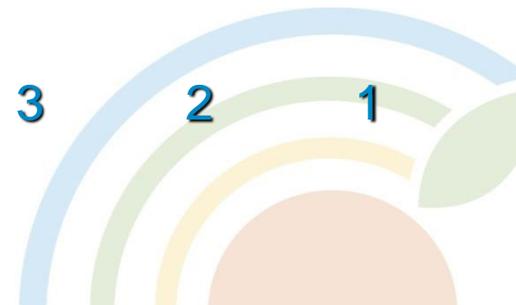
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SoFAS for 400

- Approximately 17 teaspoons!



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SoFAS for 500



Name one way you could make healthier choices when eating fast food.

Correct

20	19	18	17	16
15	14	13	12	11
10	9	8	7	6
5	4	3	2	1

Time's Up!

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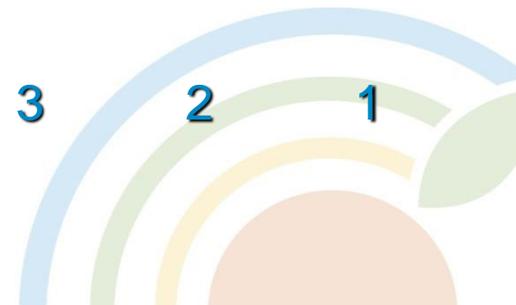
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SoFAS for 500

- Order grilled chicken instead of fried
- Ask for the dressing on the side
- Choose mustard instead of mayonnaise
- Stick with smaller portions, or share larger orders with someone else

•Back to Board



Wild Card for 100



What two MyPlate food groups could beans belong in?

Correct

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Time's Up!

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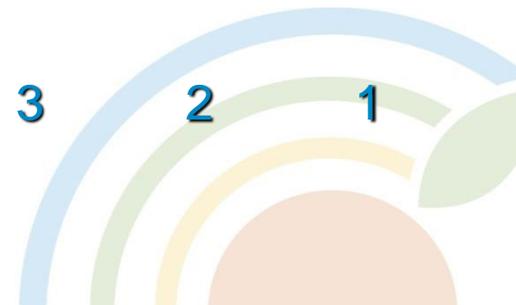
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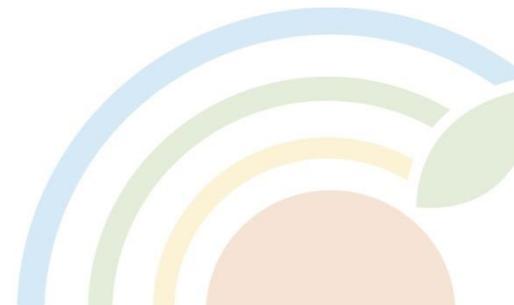
Wild Card for 100

- **Vegetable & Protein.**



- Beans provide vitamins, minerals, fiber and protein, making them an excellent protein source for vegetarians and vegans.

- **Back to Board**



Wild Card for 200



What is the recommended amount of physical activity per day for high school students? (give answer in minutes)

Correct

20	19	18	17	16
15	14	13	12	11
10	9	8	7	6
5	4	3	2	1

Time's Up!

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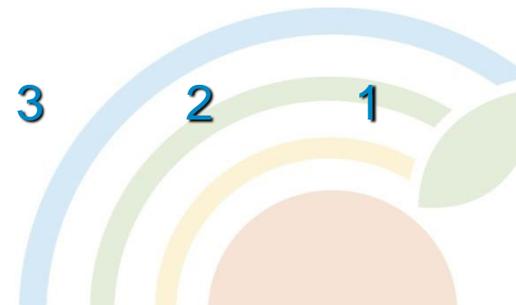
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Wild Card for 200

- **60 minutes**



- Back to Board



Wild Card for 300



A diet high in this mineral is one factor associated with high blood pressure.

Correct

20	19	18	17	16
15	14	13	12	11
10	9	8	7	6
5	4	3	2	1

Time's Up!

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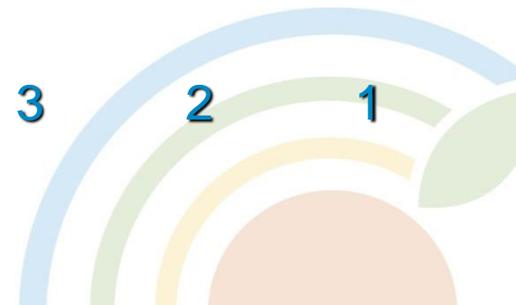
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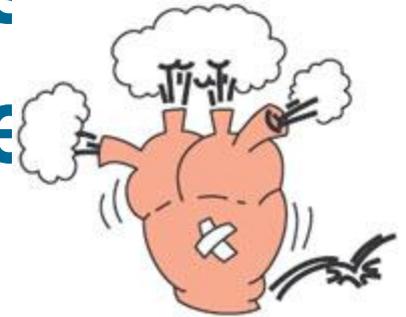
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Wild Card for 300

- Sodium.
- A diet high in sodium is
- one factor that increases
- the risk for developing hypertension.



Wild Card for 400



An diet high in SoFAS and empty calories can increase your risk of developing which chronic diseases?

Name two

Correct

20	19	18	17	16
15	14	13	12	11
10	9	8	7	6
5	4	3	2	1

Time's Up!

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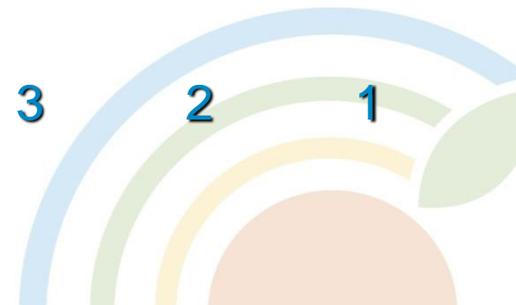
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Wild Card for 400

- **Diabetes**
- **Heart Disease**
- **Obesity**



• **Back to Board**



Wild Card for 500



Which nutrient builds strong bones and which nutrient builds strong muscles?

Correct

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Time's Up!

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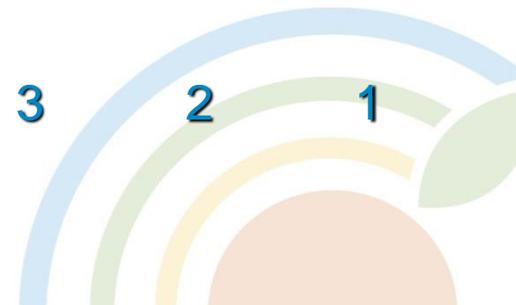
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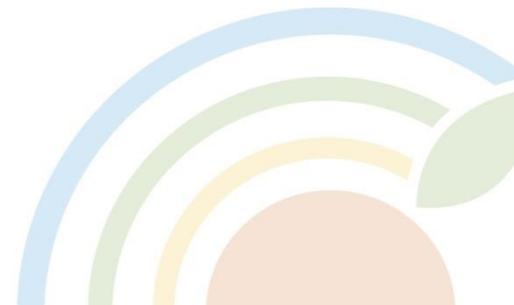


Wild Card for 500

- Calcium builds strong bones.
- Protein builds strong muscles.



• Back to Board



Final Jeopardy



- On the Nutrition Facts Label, the Percent Daily Values are based on a person consuming how many total calories per day?

Your team needs to decide on a wager. You can wager no more points than your team has accumulated.

Nutrition Facts			
Serving Size 246.00 gram(s) (246g)			
Amount Per Serving			
Calories	321	Calories from Fat	92
<hr/>			
			% Daily Value
Total Fat	10.2g		16 %
Saturated Fat	1.6g		8 %
Trans Fat	0.0g		
Cholesterol	76.6mg		26 %
Sodium	181.0mg		8 %
Total Carbohydrate	51.5g		17 %
Dietary Fiber	4.9g		20 %
Sugars	21.2g		
Protein	9.0g		
Vitamin A	5 %	Calcium	23 %
Vitamin C	67 %	Iron	13 %

Final Jeopardy

2000 calories per day

