This is...

Nutrition Jeopardy!

What is a game show focusing on healthy eating?
Please select a category

<table>
<thead>
<tr>
<th>Name that Fruit/Vegetable</th>
<th>More Matters</th>
<th>MyPlate</th>
<th>Math &amp; Nutrition</th>
</tr>
</thead>
<tbody>
<tr>
<td>100</td>
<td>100</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>200</td>
<td>200</td>
<td>200</td>
<td>200</td>
</tr>
<tr>
<td>300</td>
<td>300</td>
<td>300</td>
<td>300</td>
</tr>
<tr>
<td>400</td>
<td>400</td>
<td>400</td>
<td>400</td>
</tr>
<tr>
<td>500</td>
<td>500</td>
<td>500</td>
<td>500</td>
</tr>
</tbody>
</table>
Name that Fruit or Vegetable - $100

Question
What is rhubarb?
Name that Fruit or Vegetable - $200

Question
What is a star fruit?
Name that Fruit or Vegetable - $300
Name that Fruit or Vegetable - $300

What is butternut squash?
Name that Fruit or Vegetable - $400

Question
Name that Fruit or Vegetable - $400

What is a persimmon?
Name that Fruit or Vegetable - $500
What are turnips?
More Matters - $100

List 1 way to include a serving of fruit or vegetables to this meal:
What is including a side salad (2 cups), baby carrots (1 cup), an apple (1 medium) or drinking 1 cup of 100% orange juice?
More Matters - $200

List 1 way to include a serving of fruit or vegetables to this meal:
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)?
More Matters - $300

List 1 way to include a serving of fruit or vegetables to this meal:
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?
More Matters - $400

List 1 way to include a serving of fruit or vegetables to this meal:
What is adding tomatoes and dark green lettuce to the burrito, eating a side salad, adding fresh salsa or cowboy salad to the burrito?
More Matters - $500
List 1 way to include a serving of fruit or vegetables to this meal:
What is stir frying with some vegetables (cabbage, onion, bell pepper, carrots, mushrooms), adding a salad on the side or eating a piece of fruit also?
MyPlate- $100

These are the 5 food groups of MyPlate.
MyPlate - $100
What are Vegetables, fruit, protein, grains and dairy?
MyPlate- $200

Name the fraction (or percent) of your plate that should be fruits and vegetables.
MyPlate - $200

What is one-half (1/2) or 50%?
Name three benefits of eating fruits and vegetables
MyPlate - $300

What are:
- Decreased risk of disease
- Better performance in school/sports
- Healthy skin
- Healthy weight
- Increased vitamins & minerals
- They taste great!

Answer
Name 3 vegetables in the red/orange category?
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
The number of servings of fruits and vegetables are recommended every day for your age group?
### Daily Recommendations

<table>
<thead>
<tr>
<th></th>
<th>Vegetable Servings</th>
<th>Fruit Servings</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Boys (9-13 years)</strong></td>
<td>2 ½</td>
<td>1 ½</td>
<td>4</td>
</tr>
<tr>
<td><strong>Girls (9-13 years)</strong></td>
<td>2</td>
<td>1 ½</td>
<td>3 ½</td>
</tr>
</tbody>
</table>

**What is...**
Math & Nutrition - $100

You had $\frac{1}{2}$ cup of dried mangos, how many serving(s) of fruit did you have?
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?
What is .75 servings?

1 serving/2 cups * x servings/1.5 cups
How many serving(s) of fruits and vegetables did this person eat with their lunch?

<table>
<thead>
<tr>
<th>Amount</th>
<th>Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 whole</td>
<td>Turkey Sandwich</td>
</tr>
<tr>
<td>½ cup</td>
<td>Baby carrots</td>
</tr>
<tr>
<td>½ cup</td>
<td>Strawberries</td>
</tr>
<tr>
<td>1 cup</td>
<td>Non-fat milk</td>
</tr>
</tbody>
</table>
**Math & Nutrition - $300**

What is 1 serving (½ servings of vegetables and ½ servings of fruit)?

<table>
<thead>
<tr>
<th>Amount</th>
<th>Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 whole</td>
<td>Turkey Sandwich</td>
</tr>
<tr>
<td>½ cup</td>
<td>Baby carrots</td>
</tr>
<tr>
<td>½ cup</td>
<td>Strawberries</td>
</tr>
<tr>
<td>1 cup</td>
<td>Non-fat milk</td>
</tr>
</tbody>
</table>

½ cup carrots = ½ serving of vegetables

½ cup strawberries = ½ serving of fruit

**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?
What is 680 calories?

9.5 oz/2 = 4.25 oz

4.25 oz * 160 calories = 680 calories
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?
What is 40 minutes of running?

10 minutes/67.5 calories = x minutes/270 calories