

**URI SNAP-Ed Program**  
**Factile Fun Nutrition Game Grades 3-5**  
**Directions, Questions and Answers**

**Teachers:** You can access the Factile Fun Nutrition Jeopardy games for Grades 3–5 in English or Spanish on our website at [web.uri.edu/snaped](http://web.uri.edu/snaped) under Education and Resources → Curriculum → Factile Fun Game Grades 3–5 or directly at:

- [English Version](#)
- [Spanish Version](#)

**Directions**

1. Divide the class into 1–5 teams. (Five teams is the maximum number allowed.)
2. Select **Factile Jeopardy-style**.
3. Select the number of teams you have.
4. Select **No** for buzzer mode (this is not available).
5. Select one fruit or veggie icon to represent each team. The icons will be highlighted in yellow when selected.
6. Select **Begin Game** and the game board will appear.
7. Give each team a turn to select a category and question, then answer it.
  - If a student answers correctly, click the green checkmark to add the amount to their team's total.
  - If incorrect, click the red X to deduct the amount.
  - You can also reveal the answer without affecting scores by clicking the yellow **Skip/See Answer** tab.
  - The game will not continue until someone answers or you click **Skip/See Answer**.
8. End the game once all questions are answered, or skip to **Final Factile** at any time using the left-side tab. The winner is the team with the most money.

**Categories & Questions**

**MyPlate / Food Groups:**

**100** – True or False: MyPlate is a guide from the U.S. government that shows how much we need from each of the five food groups.

**Answer:** True

**200** – Where do grains come from?

**Answer:** They are grown in soil on farms and in gardens.

**300** – Name 3 healthy foods from the grains group.

**Answer:** bread, pasta, rice, noodles, crackers, bagels, etc.

**400** – Name 3 foods from the protein group.

**Answer:** chicken, turkey, fish, beef, pork, eggs, beans, nuts, seeds

**500** – Jen ate pasta with cheese and strawberries for dinner. What can she add to have all 5 food groups?

**Answer:** add a vegetable and a food from the protein group

---

### **Human Body:**

**100** – True or False: Being active for 60 minutes every day helps keep you healthy.

**Answer:** True

**200** – Name one way your body signals that you're hungry.

**Answer:** stomach growls, headache, dizziness, lightheadedness

**300** – The process by which your body breaks down food after you eat is called \_\_\_\_\_.

**Answer:** digestion

**400** – When you don't drink enough water it can lead to \_\_\_\_\_.

**Answer:** dehydration

**500** – What are the substances found in food that your body needs to work properly called?

**Answer:** nutrients

---

### **Know Your Nutrients:**

**100** – What nutrient is found in whole grains, fruits, and vegetables that keeps you full and helps digestion?

**Answer:** fiber

**200** – What is the amount of energy found in foods called?

**Answer:** calories

**300** – What nutrient is your body's main source of energy and fuels your muscles?

**Answer:** carbohydrates

**400** – What nutrient helps your muscles and cells grow and repair?

**Answer:** protein

**500** – What nutrient protects your organs, keeps you warm, and moves vitamins through your body?

**Answer:** fat

---

## **Food Facts:**

**100** – This fruit, like its name, is mostly water and is good for your heart.

**Answer:** watermelon

**200** – Name a food that must be stored in the refrigerator and one that can be stored on the counter.

**Answer:** refrigerator – milk, yogurt, meat, eggs; counter – bread, crackers, pasta, bananas

**300** – Name three foods that a vegetarian avoids.

**Answer:** beef, chicken, pork, eggs (some also avoid dairy foods like milk, cheese, yogurt)

**400** – What two foods would make a healthy snack? (A healthy snack has two different food groups.)

**Answer:** celery + peanut butter; apple + hummus; baby carrots + whole grain crackers; yogurt + strawberries; low-fat milk + banana; whole grain cereal + low-fat milk

**500** – What three foods would make a healthy breakfast? (A healthy breakfast has 3 different food groups.)

**Answer:** egg + whole grain toast + orange; whole grain cereal + banana + low-fat milk; yogurt + blueberries + whole grain bagel

---

## **Vitamins and Minerals:**

**100** – True or False: Broccoli has more vitamins and minerals than chips.

**Answer:** True

**200** – What mineral in dairy helps build strong bones and teeth?

**Answer:** calcium

**300** – What is an example of a food that has a lot of vitamin C?

**Answer:** oranges, orange juice, strawberries, peppers, broccoli, potatoes, tomatoes

**400** – Which vitamin helps your eyesight?

**Answer:** vitamin A

**500** – Which vitamin does your body make from sunlight and is important for bones?

**Answer:** vitamin D

---

## **This and That:**

**100** – True or False: If you try a new food once and don't like it, you should never try it again.

**Answer:** False – you may need to try it at least 10 times before you like it

**200** – True or False: In many cultures, preparing food is a way to show people that you care about them.

**Answer:** True

**300** – True or False: Ads on TV are a good way to learn about healthy foods.

**Answer:** False – most ads on TV are for unhealthy foods

**400** – This food looks like a banana but is used as a vegetable in many cultures.

**Answer:** plantain

**500** – If you want to know how much sugar has been added to a food, what would you look for on the Nutrition Facts Label?

**Answer:** added sugar

---

### **Final Factile (Final Jeopardy)**

**Question:** Why is it important to eat a variety of foods from all five MyPlate food groups each day?

**Answer:** Each food group gives your body different nutrients that help it grow, stay strong, and stay healthy. Eating a variety of foods gives you energy to play and learn, helps your muscles and bones grow, and keeps your body working its best.

---

### **For more information:**

If you have any questions about this game or the Fresh Fruit and Vegetable nutrition curriculum, contact **Stephanie Carlile, MS, RDN, LDN** at [scarlile@uri.edu](mailto:scarlile@uri.edu).

The curriculum is available at [web.uri.edu/snaped](http://web.uri.edu/snaped) under **Education and Resources** → **Curriculums**.

September 2025