



URI Fresh Fruit and Vegetable (FFVP) Nutrition Curriculum Fruit and Vegetable Jeopardy Game Grades 3-5 Directions, Questions and Answers

Teachers: You can access the Fruit and Vegetable Jeopardy games for Grades 3-5 in English or Spanish on our website at web.uri.edu/snaped under Education and Resources/Curriculums/Fresh Fruit and Vegetable Nutrition Curriculum/FFVP Jeopardy Game Grades 3-5 English (or Spanish) or at: www.playfactile.com/uriffvp
www.playfactile.com/uriffvpspanish

The games can be used after all the Fresh Fruit and Vegetable nutrition curriculum lessons have been taught.

Directions:

1. Divide the class into 1-5 teams. Five teams is the maximum number allowed.
2. Select “Play Now.”
3. Select the number of teams you have.
4. Select “No” for buzzer mode as 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 “Start Game” and the game board will appear.
7. Give each team a turn to select a category and question, and then answer it. (Refer to the following pages for a list of all questions and answers.) If a student answers the question correctly, click on the green check mark and the dollar amount will be added to their team’s total. If a student answers incorrectly, click on the red “X” and the amount will be deducted. Click on “Continue” to return to the game board for the next team’s turn. You can also reveal the answer to a question without adding or deducting money by clicking on the yellow “Skip/See Answer” tab in the upper right hand corner of the screen. Please note that the game will not continue until someone either answers the question correctly or you click “Skip/See Answer.”



8. You can end the Factile game once all the questions have been answered, the winner being determined by the team that has earned the most money, or you can continue the game with Final Factile (Final Jeopardy). You may also skip to Final Factile (and leave some questions unanswered) by clicking on the “Final Factile” tab on the left side of the screen. Refer to page 5 for more information.

Category: Fruits

100 Name two fruits that have a pit, core or center that you do not eat.

Answer: *apple, pear, peach, plum or nectarine*

200 What is the only fruit that has seeds on the outside?

(Hint: There are about 200 of them.)

Answer: *strawberry*

300 How many cups of fruit should kids eat each day?

Answer: *at least two cups per day*

400 What small, round fruits give your brain a boost and help you learn and remember?

Answer: *blueberries*

500 Name three yellow or orange fruits that are good for your eyes.

Answer: *cantaloupe, pineapples, oranges, clementines, mangoes, peaches and grapefruit*

Category: Vegetables

100 This white vegetable helps to keep your muscles strong.

(Hint: It is broccoli’s cousin.)

Answer: *cauliflower*

200 This red vegetable helps to keep your heart strong but it is considered to be a fruit by some people.

Answer: *tomato*

300 How many cups of vegetables should kids eat each day?

Answer: *at least two cups per day*

400 What vegetable can be red, orange, yellow, green or purple?

(Hint: It contains lots of Vitamin C which helps to keep you from getting sick.)

Answer: *bell peppers*



500 This nutrient is found in most vegetables. It keeps you feeling full and helps move food through your body.

Answer: *fiber*

Category: MyPlate

100 How much of your plate should be filled with fruits and vegetables?

Answer: *half*

200 What are the names of the five food groups?

Answer: *fruit, vegetables, grains, protein and dairy*

300 What food group contains beef, chicken, turkey, fish, beans, eggs and nuts?

Answer: *protein group*

400 How many minutes of physical activity should kids have each day?

Answer: *60 minutes*

500 Name three “go” foods from the dairy group.

Answer: *low fat milk, cheese and yogurt*

Category: Colors

100 Name five green fruits or vegetables that help move food through your body for a healthy stomach.

Answer: *asparagus, avocados, broccoli, celery, cucumbers, green beans, green grapes, lettuce, spinach, kale, etc.*

200 What color fruits or vegetables help keep your heart strong?

Answer: *red*

300 How do yellow and orange fruits and veggies help your body?

Answer: *They help keep your eyes healthy and your skin glowing.*

400 How do blueberries, plums and eggplant help your body?

Answer: *Purple and blue fruits and veggies boost your brain and help you learn, remember and do well in school.*

500 How do mushrooms, potatoes, bananas, onions and cauliflower help your body?

Answer: *Brown, tan and white fruits and veggies keep your muscles strong and body safe against germs.*



Category: Growing

100 Before they go to the grocery store, where can you find fruits and vegetables?

Answer: *farms and gardens; they grow on top of the ground on plants, shrubs or trees or under the ground*

200 Name three vegetables that grow under the ground.

Answer: *potatoes, radishes, beets, turnips, carrots, and onions.*

300 Name five fruits that grow on trees.

Answer: *apples, peaches, plums, bananas, mangoes, oranges, avocados, pears and coconuts.*

400 Name five fruits or vegetables that grow above the ground on a vine.

Answer: *grapes, peas, string beans, tomatoes, cucumbers, squash, watermelon, cantaloupe and pumpkin.*

500 Name a vegetable that has a stem you can eat. (The stem of plants transports water, minerals, and sugar throughout the plant.)

Answer: *celery, asparagus or rhubarb.*

Category: This and That

100 Name 5 fruits or veggies that taste great in smoothies.

Answer: *bananas, strawberries, blueberries, raspberries, spinach, kale, peaches, oranges, tomatoes, lemon, lime, pineapple, etc.*

200 What are 3 healthy snacks you can make by combining a fruit or vegetable with a food from another food group?

Answer: *low fat yogurt and strawberries, peanut butter and celery, hummus and apple slices, whole grain crackers and baby carrots, etc.*

300 How many times do some kids need to try a fruit or vegetable before they like it?

Answer: *at least 10 times*

400 Give an example of the go, slow, and whoa version of a fruit.

Answer: *go – apple, slow – applesauce, whoa – apple pie*

500 Give an example of the go, slow and whoa version of a vegetable.

Answer: *go – plain baked potato, slow – mashed potato, whoa – French fries*



Final Factile (Final Jeopardy)

How does Final Factile (Final Jeopardy) work?

Once the students have answered all of the questions on the Jeopardy board, or you have opted to skip to Final Factile by clicking on the tab on the left side of the screen, the Final Factile screen will appear. You have the option to skip wagers by using the red tab.

If you choose to have teams wager money, you will need to:

1. Enter dollar amounts by clicking on the blue boxes. Teams can wager some or all of their money. If a team answers the question correctly, they will gain the amount that they wagered. If a team answers the question incorrectly, they will lose the amount that they wagered. Teams must enter a wager amount less than or equal to the amount of money that the team has. Finally, if a team has a negative amount, you must enter "0" for the wager amount or else the game will not continue.
2. Click "Enter Valid Wagers"
3. Click "Play Now."
4. The Final Factile question will then appear on the screen and all teams will need to answer it.
5. Click "Continue" to reveal the winner.
6. Click "Show Scores" to view all teams' scores.

Please note: It is up to the teacher to determine which team(s) answers the Final Factile question correctly. Teams will have to write the answer or answer the question privately before the answer is revealed. (The question and answer is listed below.) When you click the green checkmark or red X, the team icons will disappear. After all teams have answered the question, the answer will appear on the screen.



Final Factile Question:

Why is it important to eat a variety of fruits and vegetables?

Final Factile Answer:

Fruits and vegetables that are different colors help different parts of your body. They contain vitamins and minerals that are important for growth, development and general health. Fruits and vegetables also contain fiber which is important for a healthy digestive system.

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. The curriculum is available electronically on our website at web.uri.edu/snaped under Education and Resources/Curriculums.

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