



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 under Education and Resources/Curriculums/Factile Fun Game Grades 3-5 English (or Spanish) or at:

www.playfactile.com/factilefungrades3to5english

www.playfactile.com/factilefungrades3to5spanish

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 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 “Begin 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 4 for more information.

Category: MyPlate/Food Groups

100 True or False: MyPlate is a guide from the US government which shows us about 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 found in the grains group.

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

400 Name 3 foods found in the protein food group.

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

500 Jen ate pasta with cheese and strawberries for dinner. What foods can she add to this meal to have foods from all 5 food groups?

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

Category: Human Body

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

Answer: *true*

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

Answer: *stomach growls, get a headache, feel dizzy or lightheaded*

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*

Category: Know Your Nutrients

100 What nutrient is found in whole grains, fruits and vegetables that keeps you feeling 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*

Category: Food Facts

100 This fruit, like its name, is made up of 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, etc.; counter – bread, crackers, pasta, bananas*

300 Name three foods that a vegetarian avoids.

Answer: *beef, chicken, pork and eggs; some also avoid dairy foods- milk, cheese and yogurt*

400 What two foods would make a healthy snack? Remember: A healthy snack contains two foods from two different food groups.

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

500 What three foods would make a healthy breakfast? Remember: A healthy breakfast contains three foods from three different food groups.

Answer: *egg, whole grain toast, and an orange; whole grain cereal, banana and low-fat milk; yogurt, blueberries and a whole grain bagel, etc.*

Category: Vitamins and Minerals

100 True or False: Broccoli contains more vitamins and minerals than chips.

Answer: *true*

200 What mineral do dairy foods contain that helps build strong bones and teeth?

Answer: *calcium*

300 What is an example of a food that contains a lot of vitamin C?

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

400 Which vitamin helps your eyesight?

Answer: *vitamin A*

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



Answer: *vitamin D*

Category: 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 it 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)

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 yellow tab on the left side of the screen. If you choose to have teams wager money, you will need to:

1. Enter dollar amounts by clicking on the 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. You can display wagers by clicking the yellow tab in the right side of the screen.
4. The Final Factile question will 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 more Go foods instead of Whoa foods?

Final Factile Answer:

Go foods like fruits and vegetables contain vitamins and minerals that are important for you to grow and be healthy. Go foods from the protein group like eggs, chicken, fish, beans and nuts help to keep your muscles strong. Go foods from the dairy group like low-fat milk, cheese and yogurt help to keep your bones and teeth strong.

For more information: If you have any questions about this game or the Fresh Fruit and Vegetable nutrition curriculum, contact Heidi Hetzler, RD at (401)277-5043 or heidihetzler@uri.edu. The curriculum is available electronically on our website at web.uri.edu/snaped under Education and Resources/Curriculums.

March 2022