



URI SNAP-Ed Program Factile Fun Nutrition Game Grades K-2 Directions, Questions and Answers

Teachers: You can access the Factile Fun Nutrition Jeopardy games for Grades K-2 in English or Spanish on our website at web.uri.edu/snaped under Education and Resources/Curriculums/Factile Fun Game Grades K-2 English (or Spanish) or at:

www.playfactile.com/factilefungradeskto2english

www.playfactile.com/factilefungradeskto2spanish

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

100 True or False: MyPlate is a guide that teaches us about eating healthy foods.

Answer: *True*



200 How many food groups are there on MyPlate?

Answer: *five*

300 According to MyPlate, how much of your plate should be filled with fruits and veggies?

Answer: *half*

400 How many cups of fruits and vegetables should kids your age eat every day?

Answer: *2 cups of fruit and 2 cups of vegetables*

500 Name the five food groups

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

Category: Food Groups

100 Which food group contains apples, bananas, and watermelon?

Answer: *fruit*

200 Which food group contains carrots, green beans and corn?

Answer: *vegetables*

300 Which food group contains milk, cheese and yogurt?

Answer: *dairy*

400 Which food group contains bread, pasta, cereal and rice?

Answer: *grains*

500 Which food group contains beef, chicken, fish, eggs and beans?

Answer: *protein*

Category: Go Slow Whoa

100 True or False: Go foods are healthy foods that we should eat every day.

Answer: *true*

200 True or False: Whoa foods are foods that we should only eat once in a while because they are not the best for our bodies.

Answer: *true*

300 Are strawberries and green beans go foods or whoa foods?

Answer: *go foods*

400 Are French fries and ice cream go foods or whoa foods?

Answer: *whoa foods*



500 Name one go food and one whoa food.

Answer: *Go – any fruit or vegetable, low fat milk products, whole wheat bread
Whoa – cake, candy, ice cream, soda, salty snack foods, fried foods*

Category: Snacks or Treats?

100 Is a treat a go food or a whoa food?

Answer: *whoa*

200 True or False: Eating fruits and vegetables for snacks is good for your body.

Answer: *true*

300 True or False: Eating as many treats as you want every day is good for your body.

Answer: *false*

400 What are two foods that are treats?

Answer: *cookies, candy, cake, donuts, French fries, chicken nuggets, chips, and soda*

500 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*

Category: Where Does Food Come From?

100 True or False: The foods we eat can come from plants or animals.

Answer: *true*

200 Name a drink that comes from a cow.

Answer: *milk*

300: Name a food that comes from a plant.

Answer: *any fruit or vegetable, beans, nuts, bread, rice, pasta, etc.*

400 Name a food that comes from an animal.

Answer: *beef, chicken, turkey, fish, milk, cheese, butter, etc.*

500 Name a fruit that grows on a tree and a veggie that grows under the ground.

Answer: *Tree - apples, peaches, mangoes, pears, bananas, oranges, plums, and coconuts
Under the ground - potatoes, carrots, beets, turnips, parsnips, radishes*

Category: Food Facts

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: It is okay for kids to drink coffee and energy drinks.

Answer: *false- they contain caffeine which is harmful for children*

300 True or False: You need to drink more water on a hot summer day or if you're being active and sweating a lot.

Answer: *true – drinking more water will help to prevent you from getting dehydrated*

400 True or False: If you see an ad for a food on TV, you know that it is a healthy food.

Answer: *false – most ads on tv are for unhealthy foods*

500 True or False: Fast food restaurants don't have any healthy foods on their menus.

Answer *false – many fast food restaurants have fresh fruit and salads available*

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 keep your muscles strong. Go foods from the dairy group like lowfat 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.

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