



**URI SNAP-Ed Program  
Factile (Jeopardy) Nutrition Game  
Middle School/High School  
Directions, Questions and Answers**

**Teachers:** You can access the Factile Nutrition Games for middle and high school in English or Spanish on our website at [web.uri.edu/snaped](http://web.uri.edu/snaped) under Education & Resources/Activities/Games or at [www.playfactile.com/factilenutritiongamemshsenglish](http://www.playfactile.com/factilenutritiongamemshsenglish)  
[www.playfactile.com/factilenutritiongamemshsspanish](http://www.playfactile.com/factilenutritiongamemshsspanish)

**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 Facile (and leave some questions unanswered) by clicking on the “Final Facile” tab on the left side of the screen. Refer to page 4 for more information.

### **Category 1: Basic Nutrition**

**100** What nutrient is found in whole grains and keeps you feeling full?

**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 2 : Human Body**

**100** About 60% of your body weight is made up of \_\_\_\_\_.

**Answer:** *water*

**200** Consuming too many calories and not getting enough exercise can lead to \_\_\_\_\_.

**Answer:** *weight gain*

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

**Answer:** *digestion*

**400** When the tissues in your body lose too much water, this is called \_\_\_\_\_.

**Answer:** *dehydration*

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

**Answer:** *nutrients*

### **Category 3: 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 4: Fats**

**100** True or False: All types of fats found in foods are healthy.

**Answer:** *false*

**200** What is an example of a food that is high in fat?

**Answer:** *ice cream, French fries, fried chicken, onion rings, cake, cheese, avocado and nuts*

**300** What type of fat is solid at room temperature and is mostly found in animal products?

**Answer:** *saturated fat*

**400** What type of fat is liquid at room temperature and is mostly found in plant-based foods?

**Answer:** *unsaturated fat*

**500** The FDA has banned this type of unhealthy fat which was found in processed foods.

**Answer:** *trans fat*

#### **Category 5: Miscellaneous**

**100** True or False: Ads are a reliable way to learn about foods that are healthy for you.

**Answer:** *false*

**200** How many minutes of physical activity should you get every day?

**Answer:** *at least 60 minutes*

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



**Answer:** *one half*

**400** What are the three healthiest beverage choices?

**Answer:** *water, plain, low-fat milk and 100% juice*

**500** The ingredients on a nutrition facts label are listed in order by \_\_\_\_\_.

**Answer:** *weight or quantity*

### **Category 6: Sports Nutrition**

**100** True or False: Skipping meals will affect your athletic performance.

**Answer:** *true – Your muscles need energy from food, especially carbohydrates, for you to perform your best.*

**200** True or False: Thirst is an accurate indicator of whether or not you are hydrated.

**Answer:** *false- By the time you feel thirsty, dehydration has already begun. When the body is not well hydrated, extra energy is used to regulate body temperature instead of fueling muscles.*

**300** True or False: It is best to eat foods high in fat and sugar and to drink caffeinated beverages to increase performance.

**Answer:** *false – Foods high in fat will not leave the stomach or metabolize quickly enough to give you energy. Foods and drinks that contain sugar and caffeine will give you an initial burst of energy, then make you feel sluggish.*

**400** True or False: Getting extra protein from protein drinks, powders and supplements is recommended if you want to perform your best.

**Answer:** *false – Get your protein from foods such as lean meats, poultry, fish, eggs, beans, nuts, seeds and dairy products instead of protein drinks, powders and supplements.*

**500** Name three healthy foods that are especially helpful in increasing athletic performance.

**Answer:** *whole grains, nuts, seeds, beans and legumes, yogurt, eggs, tofu, dark green vegetables like spinach, kale, and broccoli and fresh fruits, especially apples, watermelon and blueberries*

### **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 wager. 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.

**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.

5. Click “Continue” to reveal the winner.

6. Click “Show Scores” to view all teams’ scores.

**Final Factile Question:**

Why is it important to eat healthy foods?

**Final Factile Answer:**

Healthy foods like fruits and vegetables contain vitamins and minerals that are important for general health. Whole grains contain fiber which is important for a healthy digestion. Lean proteins like chicken, fish, eggs, beans and nuts build strong muscles. Low-fat dairy foods 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 contact Paula Paolino, RD at (401) 277-5391 or [paula\\_paolino@uri.edu](mailto:paula_paolino@uri.edu)

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