



URI SNAP-Ed Program Nutrition Trivia Game Middle School/High School Directions, Questions and Answers

Teachers: You can access the Nutrition Trivia Jeopardy games for middle school and high school in English or Spanish on our website at web.uri.edu/snaped under Education and Resources/Curriculums/ Nutrition Trivia Game MS/HS English (or Spanish) or at:

www.playfactile.com/nutritiontriviagamemshsenglish

www.playfactile.com/nutritiontriviagamemshsspanish

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: Human Body

- 100** What do you call a medical condition that you get from eating a food that is contaminated with bacteria?



Answer: *food poisoning*

200 What do you call a medical condition in which your immune system reacts abnormally to a food?

Answer: *food allergy*

300 What is the medical condition called when your arteries get clogged with fat?

Answer: *arteriosclerosis or coronary artery disease*

400 Where is the first place in the body where digestion occurs?

Answer: *mouth*

500 What is the name of the sugar that the body uses as its main source of fuel?

Answer: *glucose*

Category: Vitamins and Minerals

100 What is the name of the medical condition that occurs when you do not get enough of a particular vitamin?

Answer: *vitamin deficiency*

200 Is it better to get vitamins and minerals from foods or pills and why?

Answer: *foods; In many instances the vitamins and minerals in food are easier to absorb and you get the added benefits of other nutrients and substances in foods such as fiber and antioxidants. Sometimes a doctor or other medical professional will recommend a vitamin pill for certain people.*

300 What is the name of naturally occurring chemicals found in food that slow down the process of cell and tissue damage?

Answer: *antioxidants*

400 Calcium and vitamin D are essential for healthy bones. A lack of them can lead to a medical condition called _____.

Answer: *osteoporosis*

500 Is it okay to take mega doses of vitamins? Why or why not?

Answer: *no, fat soluble vitamins (A,E,D &K) can be toxic if taken in large amounts*

Category: Know Your Nutrients

100 What is the name of the complex carbohydrate that cannot be digested?

Answer: *fiber*

200 What are the three macronutrients?



Answer: *carbohydrates, protein and fat*

300 Which macronutrient is the body's preferred source of energy?

Answer: *carbohydrates*

400 What are the two categories of carbohydrates?

Answer: *simple and complex; they are your body's main sources of energy*

500 What type of fat is healthy for your heart and found in olive oil, nuts and avocados?

Answer: *monounsaturated fat*

Category: Food Facts

100 True or False: It is okay to eat chicken that is pink inside.

Answer: *false; it is undercooked and may be contaminated with bacteria so you will get sick*

200 It is important to wash fruits and vegetables before eating them because they may have been sprayed with _____.

Answer: *chemicals called pesticides*

300 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.*

400 What is the name of the natural sugar that dairy foods contain?

Answer: *lactose*

500 Name three foods that a vegan avoids.

Answer: *beef, chicken, pork, fish, eggs and dairy foods- milk, cheese and yogurt*

Category: Food Labels

100 If you are interested in the amount of carbohydrates, protein and fat a food has, what is the first thing you should look at on the Nutrition Facts Label?

Answer: *serving size*

200 If a package of ground beef is labeled 86% lean and another one is labeled 93% lean, which one is healthier and why?

Answer: *93% lean because there is 7% fat and the 86% lean has 14% fat (twice as much)*

300 If you want to know how much sugar has been added to a product, where would you look on the Nutrition Facts Label?



Answer: *added sugar*

400 Explain the difference between skim, 1% low-fat, 2% low-fat and whole milk. Which two are the healthiest?

Answer: *skim is 0% fat, whole milk is about 4% fat so skim and 1% have the least fat and are the healthiest. They all contain protein, vitamin D and calcium.*

500 What does non-GMO on a food package mean?

Answer: GMO stands for genetically modified organism. Non-GMO means that the food is made without ingredients that were genetically engineered in a laboratory.

Category: This and That

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

Answer: *true*

200 This food looks like a banana, but it is used as a vegetable in many cultures.

Answer: *plantain*

300 Name two reasons why it is important to eat breakfast especially if you have a test at school.

Answer: The nutrients from a healthy breakfast will give you energy so you won't be tired or get a headache. It will help you concentrate and stay focused.

400 The way you see your body is called _____.

Answer: *body image*

500 Where are two places you can get reliable nutrition information and two places you are likely to get unreliable nutrition information?

Answer: Reliable: Registered dietitians, health teacher, school nurse, doctor and publications from the Academy of Nutrition and Dietetics
Unreliable: ads on TV, computer, phone, and social media; reality tv shows

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:

What are some social and environmental factors that influence what you eat?

Final Factile Answer:

Social factors: family, culture, traditions, friends and socio-economic factors like how much money you have to spend on food, get take-out and/or go out to restaurants, whether or not you have a car to drive to a grocery store

Environmental factors: where you live and the types of foods available to you in your area, the school you attend and the types of food available there, things you see and read in the media – on TV, the internet, magazines and social media platforms like Facebook, Instagram, Tik Tok, YouTube, etc.

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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