



URI SNAP-Ed Program
Team Up Nutrition Factile (Jeopardy) Game
(use after teaching Team Up or CATCH curriculum)
Directions, Questions and Answers
Grades 3-5

Teachers: You can access the Team Up Nutrition Games for Grades 3-5 in English or Spanish on our website at web.uri.edu/snaped under Education and Resources/Curriculums/Team Up for Change or at: www.playfactile.com/teamupnutritionenglish
www.playfactile.com/teamupnutritionspanish

The games can be used after all the Team Up for Change 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 4 for more information.

Category 1: MyPlate

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

Answer: *one half*

200 What are the names of the five food groups?

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

300 Eggs, beans, nuts and fish are part of which food group?

Answer: *protein*

400 What are three examples of grains?

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

500 Sam ate chicken, rice and carrots for dinner. Which food groups is he missing?

Answer: *fruit and dairy*

Category 2 : Go Slow Whoa

100 True or False: A slow food is not as healthy as a go food, but healthier than a whoa food.

Answer: *true*

200 What are three examples of whoa foods?

Answer: *cookies, candy, cake, soda, milkshake, chips, French fries and bacon*

300 What are three examples of go foods?

Answer: *apples, blueberries, green beans, spinach, whole grain bread, low fat milk*

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

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

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

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



Category 3: Fruits and Vegetables

100 True or False: Different color fruits and veggies help different parts of your body.

Answer: *true*

200 How many cups of fruits and vegetables should kids eat every day?

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

300 Which part of your body do red fruits and vegetables help?

Answer: *heart*

400 Which part of your body do mushrooms, cauliflower and bananas help?

Answer: *muscles*

500 What is the nutrient found in fruits and veggies that keeps you feeling full and helps move food through your body for a healthy stomach?

Answer: *fiber*

Category 4: Healthy Snacks

100 True or False: Foods that have a lot of added sugar, like cookies, or a lot of salt, like chips, are healthy snacks.

Answer: *false*

200 True or False: Celery with peanut butter is an example of a healthy snack.

Answer: *true*

300 How many food groups should a healthy snack contain?

Answer: *2 food groups*

400 What are two examples of healthy snacks?

Answer: *low-fat yogurt and strawberries, carrots and hummus, apple slices and nuts, etc.*

500 Why is it important to eat healthy snacks?

Answer: *They give your body nutrients, refuel your body, and prevent hunger between meals.*

Category 5: Think Your Drink

100 True or False: Energy drinks are not recommended for kids because they contain a lot of sugar and caffeine.

Answer: *true*



200 What ingredient in soda, fruit punch and sports drinks is bad for your teeth?

Answer: *added sugar*

300 Does chocolate milk contain natural sugar, added sugar, or both? Explain.

Answer: *both natural sugar (from the milk) and added sugar (from chocolate syrup)*

400 What is the name of the mineral found in milk that builds strong bones?

Answer: *calcium*

500 What are three go drinks?

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

Category 6: Fast Food

100 True or False: Most foods served at fast food restaurants are whoa foods because they contain a lot of fat, salt and /or sugar.

Answer: *true*

200 True or False: Fast food restaurants do not have any healthy foods on their menus.

Answer: *false*

300 Instead of French fries, what would be a healthier choice at a fast food restaurant?

Answer: *fruit, like apple slices, salad, baked potato or chili*

400 Instead of a donut, what would be a healthier choice at a fast food restaurant?

Answer: *oatmeal or whole grain bagel*

500 Instead of a double cheeseburger or chicken nuggets, what would be a healthier choice at a fast food restaurant?

Answer: *grilled chicken sandwich or single hamburger*

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.

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