Nutrition Jeopardy Questions and Answers (March 2012)

Game Number One

Food Groups
100 – This food group has bread, rice and pasta products and provides you with energy. What is the Grain Products group?
200- Calcium plus vitamin D are the main nutrients in this food group. What is the Milk and Alternatives group?
300- Apples, pears, cabbage and green beans are part of this food group and are rich in vitamins. What is the Vegetables and Fruit group?
400- Fish, meat, baked beans, and peanut butter provide you with protein in this food group. What is the Meat and Alternatives group?
500- Include a small amount of canola, olive and soybean in cooking, salad dressings, margarine and mayonnaise each day as they are high in what kind of fat? What are unsaturated fats?

Vitamins and Minerals
100- This is known as the sunshine vitamin. What is Vitamin D?
200- Spinach and liver provide a good source of this mineral. What is Iron?
300- This vitamin was missing in the sailor’s diet. What is Vitamin C?
400- Adding this mineral to water is believed to provide protection for children’s teeth. What is Flouride?
500- This is a component of bone, along with phosphorous and magnesium. What is Calcium?

Herbs and Spices
100- This herb has a reputation for causing bad breath. What is Garlic?
200- Many people are eating this herb with their favorite cucumber pickle. What is Dill?
300- The Latin name for this spice is mentha. What is Mint?
400- The chemical makeup of this flavoring agent is sodium chloride. What is Salt?
500- This common spice pepper can be made fresh by grinding. What is peppercorns?

Ethnic Foods
100- This Italian food can have something from every food group. What is Pizza?
200- You stuff the pocket of this specialty bread. What is Pita Bread?
300- Refry beans wrapped in a corn blanket for a complete meal. What is a Tortilla?
400- Stuff this dumpling with potatoes, cheese or onion and serve hot with sour cream. What are perogies?
500- The favorite fast food of North Americans. (That means you!) What are hamburgers?

Diet and Disease
100- The blood sugar levels are controlled with diet or insulin in this disease. What is Diabetes?
200- If your body cannot digest this sugar in milk, you have this intolerance. What is lactose or lactose intolerance?
300- The most common cause of death in North America. What is Heart Disease?
400- Eating more Vegetables and Fruit, and whole grains and eating less processed meats can help prevent this disease. What is Cancer?
500- This is a component of the diet which you do not digest and can help prevent certain types of cancer. *What is fiber?*
Game Number 2

Food Groups
100 – Green leafy salad belongs to this food group. What is Vegetables and Fruit?
200 – This group is the main dietary source of carbohydrates. What is Grain Products?
300 – Rice belongs to this food group. What is Grain Products?
400 - It is good to choose dark green and orange colored foods from this food group. What is Vegetables and Fruit?
500 – Eggs belong to this food group. What is Meat and Alternatives?

Vitamins and Minerals
100 – This vitamin is associated with vision. What is Vitamin A?
200 – This vitamin is especially important for pregnant women. What is folic acid or folate?
300 – This is the best way to get the vitamins and minerals your body needs. What is eating?
400 – This B vitamin is found only in animal sources. What is B12?
500 – This B vitamin is also called pyridoxine. What is B6?

Herbs and Spices
100 – This is supposed to keep vampires away. What is garlic?
200 – This spice mixture is commonly used in East Indian cooking. What is curry?
300 – People with high blood pressure are told to watch how much of this they eat. What is salt?
400 – The name of this spice rhymes with where you can keep your dog when you go on vacation. What is fennel?
500 – A common spice often used in Chinese cooking. What is Five Spice?

Ethnic Foods
100 – This Italian food is very popular here and can include each of the four food groups. What is pizza?
200 – Thin delicate pancake can be stuffed with a variety of foods. What is crepe?
300 – This Indian bread is often eaten with curries. What is Nann bread?
400 – It is the food that the Dutch are famous for. What is cheese?
500 – It is eaten in Germany with a "Bradturst". What is sauerkraut?

Diet and Disease
100 – Adequate calcium intake helps to prevent this disease of weakened bones. What is osteoporosis?
200 – Soluble fiber helps to control blood levels of these. What is glucose/sugar or cholesterol?
300 – Uncontrolled blood pressure is a risk factor for these two types of disease. What is Heart Disease and Kidney Disease?
400 – People with this condition poke their fingers to test their blood sugar levels. What is diabetes?
500 – Rickets is a childhood disease characterized by weak bending bones and is often related to insufficient intake of this. What is Vitamin D?
Game Number 3
Food Groups

100 – Wheat, oats and barley are commonly grown in the Prairies and belong to this food group. What is Grain Products?
200 – Yogurt belongs to this food group. What is Milk and Milk Products?
300 – Oatmeal belongs to this food group. What is Grain Products?
400 – This is the only food group that is not a source of carbohydrates. What is Meat and Alternatives?
500 – Teens need 7-8 Canada Food Guide servings per day from this food group. What is Vegetables and Fruit?

Vitamins and Minerals
100 – Milk is the best dietary source of this mineral. What is Calcium?
200 – Vitamin C helps with absorption of this mineral. What is Iron?
300 – Deficiency of this vitamin is called Scurvy. What is Vitamin C?
400 – Vitamin A, Vitamin E, Vitamin C are examples of this. What are antioxidants?
500 – This vitamin helps with blood clotting. What is Vitamin K?

Herbs and Spices
100 – This herb tastes great with fish and lemon. What is dill?
200 – This spice is bright red and starts with the letter P. What is paprika?
300 – This spice is very common, but is not salt. What is pepper?
400 – Most of this flavouring agent in our diet comes from processed foods. What is salt?
500 – MSG stands for this. What is monosodium glutamate?

Ethnic Foods
100 – Refry beans wrapped in a corn blanket for a complete meal. What is a burrito?
200 – This type of Aboriginal bread can be cooked over the fire. What is bannock?
300 – These can have a hard or soft shell and are a Mexican food. What are tacos?
400 – Originating in the Middle East, this is a very popular dish made with chickpeas and tahini, and served with vegetables and/or foods from the Grain Products. What is hummus?
500 – It is a favorable spice used in Indian rice dishes. What is curry?

Diet and Disease
100 – What is achieved by increasing physical activity and eating with Canada’s Food Guide? What is a healthy weight?
200 – This type of fat is produced by a process called hydrogenation and is associated with increased risk of heart disease. What is trans fat?
300 – This is a risk factor for many chronic diseases that you cannot change. What is family history or genetics?
400 – This type of diabetes formerly was seen only in adults, but is now also seen in children often due to inactivity and poor nutrition. What is Type 2 Diabetes?
500 – Following this food policy, reduces your risk of Type 2 Diabetes, Heart Disease, and certain types of cancer and osteoporosis. What is Canada’s Food Guide?
Game Number 4

Food Groups
100 – Teens need 2–3 servings from this food group. What is Meat and Alternatives?
200 – Pasta belongs to this food group. What is Grain Products?
300 – Barley belongs to this food group. What is Grain Products?
400 – These two food groups are good sources of fiber. What are Vegetables and Fruit and Grain Products?
500 – Steamed, baked and boiled potatoes belongs to this food. What is Vegetables and Fruit group?

Vitamins and Minerals
100 – Vitamin B2 is also called by this name. What is Riboflavin?
200 – It is important to feed babies pureed meats or infant cereal enriched with this mineral. What is Iron?
300 – This vitamin helps your body to absorb calcium. What is Vitamin D?
400 – The major dietary sources of this vitamin are milk and margarine. What is Vitamin D?
500 – This vitamin should be taken by all women who could become pregnant. What is Folic Acid?

Herbs and Spices
100 – This herb may scare vampires away because of its bad smell. What is garlic?
200 – Monosodium glutamate is often called by this short form. What is MSG?
300 – This herb is commonly thought of in connection with pickles. What is dill?
400 – Instead of onion salt, which is high in sodium, this spice can be used. What is onion powder?
500 – The spice, mint, also has a Latin name. What is mentha?

Ethnic Foods
100 – The favourite fast food of North Americans. What are hamburgers?
200 – Stuff this dumpling with potatoes, cheese or onion. What are perogies?
300 – When people say “Dutch cheese”, they are usually referring to this. What is Gouda cheese?
400 – Sauerkraut is often served with a sausage called by this name in Germany. What is “bradwurst”?
500 – This food is often made with chickpeas and tahini. What is hummus?

Diet and Disease
100 – A glucometer is used by people with diabetes to test levels of this in their blood. What is glucose or sugar?
200 – Weight bearing exercise is very important in building and maintaining strength of these. What are bones?
300 – Inflammatory Bowel Disease is the general name for two conditions, Ulcerative Colitis and this. What is Crohn’s Disease?
400 – Cancer risk is increased by smoking and by insufficient intake of foods from this food group. What is the Vegetable and Fruit group?
500 – Kidney stones can be caused by excessive protein intake and/or insufficient intake of this mineral. What is calcium?