Nutrition Jeopardy Questions and Answers

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 Products group?
300- Apples, pears, cabbage and 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- Pop, candy, and chips are part of this food group. What is the “Other” food group?

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- Cloth bags or china containers filled with sweet/scented flowers; petals used in closets to release scent. What is Potpourri?

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 fruit, vegetables, and whole grains and eating less processed meats can prevent this disease. What is Cancer?
500- This is a component of the diet which you do not digest and can prevent cancer. What is fiber?
Game Number 2

Food Groups
100 – 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 – This salt substitute comes in many different flavours and has a very feminine name.  What is Mrs. Dash?

Ethnic Foods
100 – This Italian food is very popular here and can include each of the four food groups.  What is pizza?
200 – You stuff the pocket of this specialty bread.  What is Pita Bread?
300 – This Ukrainian dumpling is often served with sour cream.  What are perogies?
400 – It is the food that the Dutch are famous for.  What is cheese?
500 – It is eaten in Germany with a "Bradwurst".  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 this.  What is glucose/sugar or cholesterol?
300 – These are not often about food, but often will affect how much or how little a person will eat.  What are eating disorders?
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 – Ice cream belongs to this food group. What is Milk and Milk Products?
300 – Bannock 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 – You need 5 – 10 Servings per day from this food group. What is Fruit and Vegetables?

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 – Vitamin K 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 tortilla?
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 – Pemmican is usually made of cranberries and this type of meat. What is bison/buffalo?
500 – It is a salty black licorice candy popular in Holland. What are droppies?

Diet and Disease
100 – Increasing physical activity helps to prevent chronic diseases, even if this common goal is not met. What is weight loss?
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 due to inactivity and poor nutrition. What is Type 2 Diabetes?
500 – This type of blood cholesterol is healthy, whereas LDL cholesterol is lousy and lazy. What is HDL?
Game Number 4

Food Groups
100 – You 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 – Bannock 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 – Butter belongs to this food group. What is the “Others” group?

Vitamins and Minerals
100 – This vitamin is thought to help prevent colds. What is Vitamin C?
200 – It is important to feed babies infant cereal enriched with this mineral. What is Iron?
300 – This vitamin helps your body to absorb calcium. What is Vitamin D?
400 – Deficiency of this vitamin is called beri beri. What is Thiamin?
500 – Vitamin B2 is also called by this name. What is Riboflavin?

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 bison meat and cranberries. What is pemmican?

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?