

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** – 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 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?*