Food Group Jeopardy Instructions

**Materials Needed**
- Poster board to make game board.
- Post-It Notes to cover a number once it is selected.

**Directions**

1. Make a game board on a large piece of poster board that looks similar to the chart below. Each numbered section should be at least as large as the Post-It Notes you plan to use to cover the numbers.

<table>
<thead>
<tr>
<th>Grains Group</th>
<th>Vegetables Group</th>
<th>Fruits Group</th>
<th>Milk Group</th>
<th>Meat and Beans Group</th>
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2. Divide group into two or more teams with about four students per team. Have each team decide on their team name and choose one person to speak for the whole team.

3. Draw team names from a box to determine which team starts the game and the order of subsequent teams. Make sure that teams rotate being first to answer questions so everyone gets a chance to earn points.

4. Discuss the game rules and make sure everyone understands them. The main rule of this game is that team members have to work together to choose a category and point value and answer the corresponding question. If one team gives a wrong answer, the next team gets a chance. If no team gets the correct answer, the game leader gives the correct answer and goes on.

5. After each question is answered, give the team that answered the question correctly the points for the question. Then cover that space with a Post-It Note® to indicate the question has been answered. (You could write the name of the team on the Post-It Note or use notes of different colors for different teams.)

6. Play until all of the questions have been answered.
Food Group Jeopardy Questions and Answers
(Note: Answers marked with an asterisk * are just some of the possible correct answers. Additional answers may be correct, also. The game leader decides if an answer is correct.)

Grains Group
  10 — Name two foods from the Grains Group. (Bread, cereal, rice, pasta, tortillas, crackers, popcorn)*
  20 — Name two whole grains. (Whole wheat, whole corn, oatmeal, barley, brown rice)*
  30 — What fraction of the grains you eat should be whole grains? (Half)
  40 — How much cooked rice is equivalent to 1 slice of bread? (1/2 cup)
  50 — What is the outer shell of a whole grain called? (Bran)

Vegetables Group
  10 — This vegetable can be eaten fresh or cooked into sauces for foods such as spaghetti. (Tomato)
  20 — Why is it important to eat vegetables? (Good for us, keep us healthy, heal cuts, help us see)*
  30 — Name one dark green, leafy vegetable. (Spinach, kale, collard greens, mustard greens, turnip greens, romaine lettuce)*
  40 — Name three orange vegetables. (Carrots, sweet potatoes, winter squash, and pumpkin)
  50 — Name two types of dry beans. (Pinto, kidney, black, red, navy, Great Northern, garbanzo/chick peas, split peas, black-eyed peas, lentils)*

Fruits Group
  10 — This yellow South American fruit is a favorite of children in the United States. (Banana)
  20 — This fuzzy fruit is grown in New Zealand. (Kiwi fruit)
  30 — This juicy fruit, originally from Mexico, is a favorite at summer picnics. (Watermelon)
  40 — You can probably find this fruit in grocery stores in the United States, but it comes from southern Asia and the flesh is similar to a peach. (Mango)
  50 — Name two dried fruits that people eat. (Raisins, apricots, figs, dates, cherries, cranberries, blueberries, apple slices, banana slices)*

Milk Group
  10 — Name three foods in the Milk Group. (Milk, cheese, yogurt, ice cream, pudding)*
  20 — How many cups of milk do most children your age need each day? (Three)
  30 — Name one way to include foods from the Milk Group in a snack. (Accept any reasonable answer)
  40 — How many cups in a quart of milk? (Four)
  50 — How many ounces of natural cheese are equivalent to one cup of milk? (1 1/2 ounces)
Meat and Beans Group

10 — Name two foods in this group that come from animals. (Beef, chicken, pork, fish, turkey, venison, eggs)*

20 — Name two foods in this group that come from plants. (Nuts, peanut butter, split peas, black-eyed peas, lentils, chick peas/garbanzo beans, kidney beans, pinto beans, black beans, navy beans)*

30 — Name one way to include foods from the Meat and Beans Group in a snack. (Accept any reasonable answer)

40 — How many eggs are equivalent to one ounce of meat? (One)

50 — How many ounces in a pound of meat? (16)