

NUTRITION JEOPARDY

Final Jeopardy

Nutrients	Food Transformation	Serving Sizes	Food Facts	Food & the Environment
<u>\$100</u>	<u>\$100</u>	<u>\$100</u>	<u>\$100</u>	<u>\$100</u>
<u>\$200</u>	<u>\$200</u>	<u>\$200</u>	<u>\$200</u>	<u>\$200</u>
<u>\$300</u>	<u>\$300</u>	<u>\$300</u>	<u>\$300</u>	<u>\$300</u>
<u>\$400</u>	<u>\$400</u>	<u>\$400</u>	<u>\$400</u>	<u>\$400</u>
<u>\$500</u>	<u>\$500</u>	<u>\$500</u>	<u>\$500</u>	<u>\$500</u>

Nutrients: \$100 Question

This nutrient is found in bread, fruit, and vegetables and gives energy to your body.

Click for Answer



Nutrients: \$100 Answer

What is a carbohydrate?

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Nutrients: \$200 Question

This nutrient, found in nuts, avocado, and dairy products, helps support cell growth

[Click for Answer](#)



Nutrients: \$200 Answer

What is fat?

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Nutrients: \$300 Question

This nutrient is found in meat, legumes, and milk and helps grow strong muscles.

[Click for Answer](#)



Nutrients: \$300 Answer

What is protein?

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Nutrients: \$400 Question

This nutrient group includes vitamins and minerals.

[Click for Answer](#)



Nutrients: \$400 Answer

What are micronutrients?

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Nutrients: \$500 Question

These are chemicals produced by plants that protect them from germs and insects and ALSO provide benefits to humans who eat plant foods.

[Click for Answer](#)



Nutrients: \$500 Answer

What are phytonutrients?

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Food Transformation: \$100 Question

Foods such as whole grains, tubers, legumes, fruits, and vegetables.

Click for Answer



Food Transformation: \$100 Answer

What is a whole food?

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Food Transformation: \$200 Question

This substance is added to food to change flavor, appearance, and/or to preserve it.

[Click for Answer](#)



Food Transformation: \$200 Answer

What is an additive?

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Food Transformation: \$300 Question

This is an additive sweetener that is made from corn starch.

[Click for Answer](#)



Food Transformation: \$300 Answer

What is High Fructose Corn Syrup?

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Food Transformation: \$400 Question

Any food that has been changed from its original form to something else.

Click for Answer



Food Transformation: \$400 Answer

What is a processed food?

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Food Transformation: \$500 Question

This type of fat lowers your good cholesterol
and increases your bad cholesterol.

[Click for Answer](#)



Food Transformation: \$500 Answer

What is trans fat?

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Serving Sizes: \$100 Question

The recommended amount of a food or drink
that you should eat.

[Click for Answer](#)



Serving Sizes: \$100 Answer

What is a serving size?

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Serving Sizes: \$200 Question

You should fill half of your plate with these two food groups.

Click for Answer



Serving Sizes: \$200 Answer

What are fruits and vegetables?

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Serving Sizes: \$300 Question

This is the recommended number of bread slices you should eat per serving.

Click for Answer



Serving Sizes: \$300 Answer

What is two slices of bread?

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Serving Sizes: \$400 Question

You should drink at least 64 ounces of this a day.

Click for Answer



Serving Sizes: \$400 Answer

What is water?

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Jeopardy Board](#)



Serving Sizes: \$500 Question

This is information found on food packages that details a food's nutrition content including the amount of fat, sugar, protein, and fiber it has.

[Click for Answer](#)



Serving Sizes: \$500 Answer

What is a nutrition label?

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Food Facts: \$100 Question

There are many varieties of this fruit including gala, granny smith, and honeycrisp.

Click for Answer



Food Facts: \$100 Answer

What is an apple?

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Food Facts: \$200 Question

This food group provides your body with calcium, vitamin D, and protein.

[Click for Answer](#)



Food Facts: \$200 Answer

What is dairy?

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Jeopardy Board](#)



Food Facts: \$300 Question

This type of food, typically used to make sandwiches, has lots of iron.

[Click for Answer](#)



Food Facts: \$300 Answer

What is whole wheat bread?

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Food Facts: \$400 Question

This vegetable, usually served mashed or fried, has lots of vitamin C.

[Click for Answer](#)



Food Facts: \$400 Answer

What is a potato?

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Jeopardy Board](#)



Food Facts: \$500 Question

The average American consumes 66 pounds
of this per year.

[Click for Answer](#)



Food Facts: \$500 Answer

What is sugar?

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Food & the Environment: \$100 Question

This is food that is grown by farmers that live near you. If you buy this food it helps reduce the food miles your food has to travel to get to you, which reduces pollutants like CO₂.

[Click for Answer](#)



Food & the Environment: \$100 Answer

What is a local food?

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Food & the Environment: \$200 Question

Food that is grown without the use of synthetic pesticides and herbicides and promotes biodiversity.

[Click for Answer](#)



Food & the Environment: \$200 Answer

What is organic food?

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Food & the Environment: \$300 Question

This is a way to dispose of food waste in an environmentally responsible manner.

[Click for Answer](#)



Food & the Environment: \$300 Answer

What is composting?

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Food & the Environment: \$400 Question

Farming that uses synthetic fertilizers and pesticides and usually grows one crop on a large-scale.

[Click for Answer](#)



Food & the Environment: \$400 Answer

What is industrial farming?

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Food & the Environment: \$500 Question

This term refers to the idea that human activity should be guided by the principle that the welfare of the environment and future generations should always be considered.

[Click for Answer](#)



Food & the Environment: \$500 Answer

What is sustainability?

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FINAL JEOPARDY QUESTION

This is an area where fresh food is not readily available.

Click for Answer



FINAL JEOPARDY ANSWER

What is a food desert?

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