

NUTRITION

Talk

Week 2: Nutrition-Related Diseases Jeopardy

Materials:

- Nutrition jeopardy board
- Spray Bottle
- Vis-à-vis wet erase marker
- Towel

Set up:

1. Take out nutrition jeopardy board
2. Remove all Velcro point values
3. If there is writing from a previous activity on your board, take the spray bottle and towel to wipe off any writing
4. Use the Vis-à-vis marker to write down the new questions attached to this sheet
5. Attach the point values back to the board with the Velcro
6. You're ready to go!

Activity:

This week we are playing nutrition jeopardy. Generally, I think it's a good idea to allow students to come up to you and peel off which point value they want because it is more interactive. Some students may want to stick around and play more rounds, and we highly encourage that (just make sure 1 prize per person)!

Attached on the next couple pages are the questions and their respective answers.

Questions

Cardiovascular Disease	Diabetes	Nutrient Deficiencies	Misc.
True/False I am at risk of cardio vascular disease if one or both of my parents have CVD (100)	What does insulin do? (100)	You meet a pirate that has scurvy, you should tell him/her to eat foods that contain this vitamin... (100)	What does BMI measure? (100)
What is the technical term for heart attack? (200)	What is the primary difference between type I and type II diabetes? (200)	What is osteoporosis? Which micronutrient(s) deficiencies is it linked with? (200)	What is metabolic syndrome? (200)
True/False cardiovascular disease is the # 1 cause of death in America (300)	What are some risk factors for type II diabetes? (300)	Beriberi is a deficiency of what vitamin? (300)	What is kwashiorkor? (300)
What is atherosclerosis? (400)	True/False, non-nutritive sweeteners (Equal, Splenda, Sweet'n low, etc.) can be safely used by an individual with diabetes to help control blood glucose levels (400)	Deficiencies in vitamin B ₁₂ , folate, and iron can lead to what condition? (400)	_____ is added to salt in order to prevent goiter (thyroid enlargement) (400)

Answers

Cardiovascular Disease	Diabetes	Nutrient Deficiencies	Misc.
True, CVD has a strong hereditary component. Stress that although some of us are predisposed to CVD, we can reduce our risk through our lifestyle choices (100)	Insulin transports glucose from the bloodstream into your body cells (100)	Vitamin C...citrus fruits/juices, strawberries, broccoli, leafy greens, etc. (100)	BMI is a calculation that <i>roughly</i> measures the amount of body fat an individual has. It is a quick way for someone to determine a “healthy” body weight. Its formula is $\frac{\text{weight (kg)}}{\text{height (m}^2\text{)}} (100)$
Myocardial infarction (200)	Type I diabetes: the pancreas produces little to no insulin Type II diabetes: “Insulin resistance”...the body does not utilize insulin properly which leaves glucose stranded in the bloodstream→high blood sugar or “hyperglycemia” (200)	Osteoporosis is a bone disease that deals with loss of bone mass. An individual with osteoporosis has porous bones, and has a higher susceptibility to fractures. Deficiencies in calcium and/or vitamin D can lead to osteoporosis (200)	Metabolic syndrome is a combination of 3 or more of the following: abdominal obesity, high triglyceride levels, high blood pressure, high fasting glucose, low HDL cholesterol (200)
True. According to the CDC, ~600k people die annually because of CVD (300)	Family history, obesity, hypertension, physical inactivity, age, race (if they ask which ones are most susceptible they are: Blacks, Asians, Hispanics, and Pacific Islanders) (300)	Vitamin B ₁ AKA thiamin (300)	Kwashiorkor is a form of malnutrition from lack of protein. It is commonly characterized by edema (300)
Atherosclerosis is a disease in which plaque builds up inside your arteries. This narrows the pathway interfering with blood flow. Ultimately can lead to heart attack/stroke (400)	True. However, please stress that there “acceptable daily limits” that should not be exceeded (400)	Anemia...a condition when the body has fewer red blood cells than normal (400)	Salt is often fortified with iodine to ensure adequate intake (400)