

# NUTRITION

## Talk

### Week 7: Nutrition 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!
7. Alternative option: If you do not want to write down the questions by hand, you may use the guide and read students the questions aloud.

#### 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

Macronutrients	Vitamins/Minerals	Diseases	Miscellaneous
List all 3 macronutrients.	Are vitamins macro or micro nutrients?	What is the leading cause of death in the United States?	Which food guide does the USDA currently use as a guideline for Americans: MyPyramid or MyPlate?
How many calories does 1 gram of fat provide you?	Calcium and vitamin ____ are crucial for bone health.	What is the difference between atherosclerosis and osteoporosis?	True/False: Cholesterol is only found in animal products.
What is the daily value of carbohydrates?	If you meet a pirate with scurvy, what should you suggest that he/she eat?	What is the difference between type I and type II diabetes?	In the comedy film <i>Napoleon Dynamite</i> , Napoleon stuffs this popular side dish into his pockets...
What is the difference between a complete source of protein vs. an incomplete source of protein?	What is fortification? Give an example of fortified foods.	What is metabolic syndrome?	What is the difference between herbs and spices?

## Answers

Macronutrients	Vitamins/Minerals	Diseases	Miscellaneous
Carbohydrate, protein, and fat.	Micronutrients.	Cardiovascular Disease.	MyPlate.
9 calories/gram.	D.	<p><b>Atherosclerosis</b> is the hardening/narrowing of the arteries with plaque and <b>osteoporosis</b> is a disease associated with loss of bone mass (“porous bones”)</p>	True.
300 grams.	Any source of vitamin C.	<p><b>Type I diabetes:</b> the pancreas produces little to no insulin  <b>Type II diabetes:</b> “Insulin resistance” ...the body does not utilize insulin properly which leaves glucose stranded in the bloodstream→high blood sugar or “hyperglycemia”</p>	Tater tots.
<p>Complete sources of protein have all of the essential amino acids. Generally, all animal sources of protein are complete protein sources. You can combine two or more incomplete protein sources to make <b>complementary proteins</b> which can provide adequate amounts of all essential amino acids.</p>	<p>Fortification is the addition of vitamins or minerals into food that they didn’t originally contain or contain in trace amounts. Examples: Milk &amp; vitamin D, cereal &amp; folate, iodine &amp; salt, soy milk &amp; calcium, etc.</p>	<p>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.</p>	<p><b>Herbs</b> come from the leafy part of the plant. <b>Spices</b> are parts of the plant other than the leafy bit such as the root, stem, bulb, bark or seeds.</p>