

MyPlate Jeopardy

Overview: Children will play a “MyPlate” version of the game of Jeopardy.

Subject area: Nutrition

Grade level: K-5th

Objectives: Children will learn more about the different MyPlate food groups while playing a fun game of Jeopardy.

Prep time: 20-30 minutes

Lesson time: 20-30 minutes

Materials needed:

- Large poster board
- 20 envelopes
- 20 notecards
- Glue/tape
- Pen
- Scoreboard

Space needed: Any

Staff needed: 1

Preparation steps: Create a Jeopardy board using the materials listed above:

1. Draw a table with 6 columns and 5 rows on the large poster board, labeling each axis with the point values and categories listed on the attached sheet. You will be left with 20 empty boxes for Jeopardy questions and answers.
2. Glue or tape 20 envelopes onto each empty box on the poster board.
3. Write the questions and answers on each notecard and insert into the appropriate envelope.

Presentation steps:

1. Divide children into two teams.
2. The first team will choose a question corresponding with a particular category and point value.
3. Read the question aloud and give the team up to 15 seconds to come up with the answer.
4. If the team answers correctly, write the points they have earned on the scoreboard. If the team answers incorrectly, discuss the correct answer as a whole group.
5. Teams will take turns choosing and answering questions.
6. When all questions have been answered, tally up the points and determine a winner!

Notes: See sample questions below:

Points	Grains	Protein	Dairy	Fruit	Vegetable
200	<p>Q. One slice of this food is considered a serving in the grain group.</p> <p>A. What is a slice of bread</p>	<p>Q. A deck of cards is considered the serving size for which food in the protein group?</p> <p>A. What is meat</p>	<p>Q. This beverage is often available in 2%, 1%, or skim varieties.</p> <p>A. What is milk</p>	<p>Q. This fruit with a yellow peel is high in potassium.</p> <p>A. What is a banana</p>	<p>Q. This vegetable is often served mashed and contains vitamin C.</p> <p>A. What is a potato</p>
400	<p>Q. Half of your grains should come from this type.</p> <p>A. What are whole grains</p>	<p>Q. What is one source of protein often consumed by vegetarians?</p> <p>A. What are beans or tofu</p>	<p>Q. What types of dairy foods (other than milk) are also great sources of calcium?</p> <p>A. What is cheese and yogurt</p>	<p>Q. Drying grapes for several days creates which new food?</p> <p>A. What are raisins</p>	<p>Q. This vegetable is used to make pickles.</p> <p>A. What is a cucumber</p>
600	<p>Q. How many servings of grains should you consume per day?</p> <p>A. 6-11</p>	<p>Q. How many servings of protein do you need to eat each day?</p> <p>A. 1-3</p>	<p>Q. Milk contains this mineral that helps build strong bones.</p> <p>A. What is calcium</p>	<p>Q. What is another word for dried plums?</p> <p>A. What are prunes</p>	<p>Q. There are many varieties of this white vegetable, including shitake and Portobello.</p> <p>A. What are mushrooms</p>
800	<p>Q. When eaten fresh, it is a summer vegetable, but when dried out it becomes a grain.</p> <p>A. What is corn</p>	<p>Q. This dip originated in the Middle East, is made of chickpeas and is an excellent source of protein.</p> <p>A. What is hummus</p>	<p>Q. Kids need at least this many servings from the dairy group each day.</p> <p>A. What is 3</p>	<p>Q. What fruit is most commonly consumed around the world?</p> <p>A. What is mango.</p>	<p>Q. This purple vegetable, often used to make a popular Italian dish, is important for healthy aging.</p> <p>A. What is eggplant</p>