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:

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