Nutrition Review

Nutrition Jeopardy

Grades 9 - 12

I. Nutrition Education Goal & Objective:
   Goal 1: Students will comprehend concepts consistent with USDA guidance related to eating and physical activity for good health
   Objective: As a result of Pennsylvania’s SNAP-Ed plan, students will know, understand, analyze, and apply concepts, as developmentally appropriate, that are consistent with USDA guidance about the benefits of:
   1. Eating a variety of whole grain products, fruits and vegetables, low fat milk, and calcium-rich foods for meals and/or snacks.
   2. Limiting foods high in fat, sodium and added sugar.

I. Pennsylvania Educational Standards:
   A. 11.3 Food Science and Nutrition
   B. 1.6 Speaking and Listening
   C. 10.1 Concepts of Health
   D. 10.2 Healthful Living
   E. 2.5 Mathematical Problem Solving and Communication
   F. 10.4 Physical Activity

II. Outcomes
   A. Students will review what they have learned during a series of nutrition lessons by playing the Nutrition Jeopardy game.
   B. Students will identify a variety of healthy foods.
   C. Students will describe healthy eating and physical activity habits.

III. Materials:
   A. Visuals: MyPlate Poster
   B. Computer/Projector with PowerPoint presentation: Nutrition Jeopardy
   C. Caregiver Newsletter: Educator’s Choice
   D. Food Tasting
   E. Reinforcement that conveys the appropriate nutrition message.
   F. Hand wipes
   G. Extension lessons for teacher: educator’s choice and/or monthly activity packet
   H. Alternate activity: Nutrition Quest Cards (Nasco)

IV. Procedure :
   A. Introduction of nutrition educator and lesson topic
1. Remind the students of the previous lessons and review major points. Tell them that this will be review of the information that they have already learned.

2. Divide the students into two teams and decide which team will go first

3. Decide who will keep score (teacher or a student)

4. Explain that each team must select a team captain, and that person is the spokesperson for the team. The team captain will pick a category and a point amount. The students will have 20 seconds to answer the question, after the 20 is up the other team will have 10 seconds to steal the points by giving the correct answer.

B. Nutrition Jeopardy
   1. Start game
   2. Discuss correct answers to the questions with the students

C. Conclusion
   1. End game by announcing winner.
   2. Compliment all students for a job well done.

V. Conclusion of Lesson:
   A. Distribute hand wipes.
   B. Provide each student with a food tasting and encourage him or her to make small changes in his or her diet now. Explain why the food is a healthy option.
   C. Distribute the reinforcement, read the message and/or explain the reason why they are getting the reinforcement.
   D. Distribute caregiver newsletter.
   E. Thank the students for their participation and answer any questions the students may have.

VI. Extension lessons:
    Educator’s Choice