Project Sponsors

USDA project funded through the Supplemental Nutrition Assistance Program

School District of Philadelphia

Department of Nutrition Sciences, Drexel University

Funded by the Pennsylvania (PA) Department of Human Services (DHS) through PA Nutrition Education Tracks, a part of USDA’s Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DHS toll-free Helpline at 800-692-7462 or 215-430-0556. USDA is an equal opportunity provider and employer.
Rules...

- Timing
- Stealing
- Final Jeopardy

- The game administrator will have the final call as to which team gets the points.
<table>
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<th>Energy Balance</th>
<th>Drinks</th>
<th>Snacks</th>
<th>SoFAS</th>
<th>Wild Card</th>
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What does a calorie measure?

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Time’s Up!
Energy Balance for 100

A calorie measures energy.

Calories are taken into the body from eating and drinking, and then the body burns calories for energy.
Energy Balance for 200

Which type of fat is a healthy fat?

1. Trans Fat
2. Saturated Fat
3. Unsaturated Fat
4. Pork fat

Correct

20 19 18 17 16
15 14 13 12 11
10 9 8 7 6
5 4 3 2 1
Time’s Up!
Energy Balance for 200

Unsaturated fats are healthy fats. They are usually liquid at room temperature.

Examples:
- Nuts
- Fish
- Olive and Vegetable Oils
- Avocado

Saturated fats and trans fats are solid at room temperature and can increase risk for heart disease and raise cholesterol.
Energy Balance for 300

Whole Grains are important because they supply our body with ______, which helps with heart health and digestion.

Correct

20  19  18  17  16
15  14  13  12  11
10  9   8   7   6
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Energy Balance for 300

Dietary Fiber

Back to Board
Carbohydrates are a great source of energy. Name the two types of carbohydrates.

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Time’s Up!
Energy Balance for 400

Simple

Complex

Back to Board
Energy Balance for 500

Name the three nutrients that supply us with calories.

Correct

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Time’s Up!
Energy Balance for 500

- Carbohydrates
- Protein
- Fat
Drinks for 100

This beverage provides no calories and is the best way to stay hydrated.

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Correct
Time’s Up!
Drinks for 100

WATER!

Back to Board
Drinks for 200

What kind of juice counts as a fruit on MyPlate?

Correct

20  19  18  17  16
15  14  13  12  11
10  9   8   7   6
5   4   3   2   1
Time’s Up!
Drinks for 200

100% fruit juice

Back to Board
Drinks for 300

Which type of milk has the most protein, vitamins and minerals?

1. Skim (Fat-Free)
2. Whole
3. They have the same amount.

**Correct**

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Time’s Up!
They have the same amount. Lower fat milks contain the same amount of vitamins, minerals, and protein as whole milk. Whole milk simply contains more saturated fat and calories.
Drinks for 400

When would be a good time to drink a sports drink?

Correct

20  19  18  17  16
15  14  13  12  11
10  9   8   7   6
 5   4   3   2   1
Time’s Up!
Drinks for 400

When you are doing vigorous-intensity physical activity for more than 60 minutes.

The carbohydrates in sports drinks refuel athletes who have been exercising for extended periods of time.

For shorter workouts, or just during the day, CHOOSE WATER!
Drinks for 500

What is the difference between the sugar found in sodas and the sugar found in 100% fruit juice or milk?

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Time’s Up!
Drinks for 500

Soda contains added sugar, while 100% fruit juice and milk contain natural sugar, in the form of fructose and lactose.
Which snack food contains healthy fat?

1. Chips
2. Almonds
3. Cookies
4. Candy Bars

Correct
Time's Up!
Almonds are high in fat, but they contain unsaturated fats instead of saturated fat like the other snack items.

Unsaturated fat protects the heart against heart disease.
When reading a food label on a snack food, what % Daily Value of fat is considered to be high?

Correct
Time's Up!
Snacks for 200

20% Daily Value or higher

Back to board
Snacks for 300

Snack foods and commercially prepared foods often contain a lot of this mineral and are best eaten sparingly.

Correct
Time’s Up!
Snacks for 300

Sodium. Salt helps prevent spoiling and brings out the flavors in foods.

We should limit our sodium intake to less than 2,300 milligrams/day.
Snacks for 400

If a snack food is fat-free or low-fat, what might have been added to it to increase flavor?

Correct
Time's Up!
Snacks for 400

Sugar is used in place of the fat, adding more calories to food.
Which of the following is NOT a healthy snacking tip?

1. Eat smaller portions
2. Do not eat in front of the TV
3. Choose low fat foods
4. Eat fast so you do not feel too full

Correct
Time’s Up!
Snacks for 500

Eat fast so you do not feel too full

The 6 snacking tips are as follows…

• Smaller portions
• Not front of the TV
• Am I really hungry?
• Choose low fat snacks from MyPlate
• Kitchen is a good place to snack
• Sit down, slow down, savor and enjoy.
The 2010 Dietary Guidelines recommend that we limit the amount of SoFAS in our diet.

What does SoFAS stand for?

Correct

20  19  18  17  16
15  14  13  12  11
10  9   8   7   6
 5   4   3   2   1
Time’s Up!
Solid Fats & Added Sugars

SoFAS are high in calories and low in nutrients.
SoFAS for 200

Fast Food meals often contain high amounts of what 2 nutrients?

Correct

20  19  18  17  16
15  14  13  12  11
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Time’s Up!
SoFAS for 200

Saturated Fat & Sodium
**Name a salad topping that is high in saturated fat.**

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Time’s Up!
SoFAS for 300

creamy dressing
crutons
cheese
sour cream
fried chicken strips
meat
SoFAS for 400

How many teaspoons of sugar are in a medium (20 ounce) soda?

Correct

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Time’s Up!
SoFAS for 400

Approximately 17 teaspoons!
Name one way you could make healthier choices when eating fast food.

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Time’s Up!
SoFAS for 500

- Order grilled chicken instead of fried
- Ask for the dressing on the side
- Choose mustard instead of mayonnaise
- Stick with smaller portions, or share larger orders with someone else
What two MyPlate food groups could beans belong in?

Wild Card for 100

Correct

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15  14  13  12  11
10   9   8   7   6
  5   4   3   2   1
Time's Up!
Wild Card for 100

Vegetable & Protein.

Beans provide vitamins, minerals, fiber and protein, making them an excellent protein source for vegetarians and vegans.

Back to Board
**Wild Card for 200**

What is the recommended amount of physical activity per day for high school students? (give answer in minutes)

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Wild Card for 200

60 minutes

Back to Board
A diet high in this mineral is one factor associated with high blood pressure.
Time’s Up!
Sodium.
A diet high in sodium is one factor that increases the risk for developing hypertension.
Wild Card for 400

An diet high in SoFAS and empty calories can increase your risk of developing which chronic diseases?

Name two Correct

20 19 18 17 16
15 14 13 12 11
10 9 8 7 6
5 4 3 2 1
Time’s Up!
Wild Card for 400

- Diabetes
- Heart Disease
- Obesity

Back to Board
Wild Card for 500

Which nutrient builds strong bones and which nutrient builds strong muscles?

Correct

20  19  18  17  16
15  14  13  12  11
10  9   8   7   6
 5   4   3   2   1
Time’s Up!
Wild Card for 500

Calcium builds strong bones.

Protein builds strong muscles.

Back to Board
Final Jeopardy

On the Nutrition Facts Label, the Percent Daily Values are based on a person consuming how many total calories per day?

Your team needs to decide on a wager. You can wager no more points than your team has accumulated.