

## Nutrition Jeopardy!

NFSC 465- Community Nutrition  
Community Nutrition Internship  
Spring 2009

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200

What is a lean source of protein?

Answer: chicken or turkey

200

What is an example of a whole grain?

Answer: brown rice, oatmeal,  
or whole wheat bread

200

What food can you find fiber in?

Answer: apples, carrots,  
grains etc.

200

What is an example of an unsaturated fat?

Answer: vegetable oil or olive oil

400

Zucchini, carrots wheat bread, and apples are what important macronutrient?

- A. Protein
- B. Carbohydrate
- C. Fat

Answer: B. Carbohydrates

400

Vegetarians eat legumes, beans and nuts, instead of meat, which macronutrient do these provide?

- A. Protein
- B. Carbohydrate
- C. Protein

Answer: A. Protein

400

Dairy products like cheese, milk, and yogurt provide what macronutrient?

- A. Protein
- B. Carbohydrate
- C. Fats

Answer: C. Fat

400

Which fat, saturated or unsaturated, contributes to a healthy diet?

Answer: Unsaturated

600

Red meat and dark leafy greens are a source of what important nutrient?

Answer: Iron

600

What is an important nutrient for the elderly?

Answer: Calcium, Vitamin C, Vitamin D and Vitamin B12

600

High blood pressure can lead to what other common disease?

Answer: Diabetes, Heart Disease, or Stroke...

600

A diet high in fiber and low in saturated fats helps reduce your risk of developing what disease?

Answer: Heart Disease or Diabetes

800

What can you do to a liquid if an elderly person has difficulty swallowing?

Answer: Add a Thickener

800

What important mineral, that protects your bones, is found dairy products?

Answer: Calcium

800

Carrots provide what vitamin to the diet which helps with vision?

Answer: Vitamin A

800

What diseases can obesity and a high saturated fat diet lead to?

Answer: Diabetes, heart disease, hypertension

1000

Draw the plate method that demonstrates the proper amount of each food group.

Answer:

