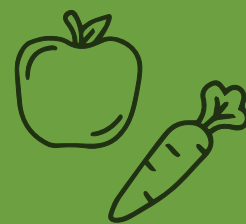




Real Food Quiz Show

for grades 5-6



Instructions

Divide students into teams of five. Explain that they will play a game where the teams are asked questions. Teams may have 30 seconds to discuss their answer before they must share it. If necessary, they may use a pen and paper on some of the longer questions. Whichever team gets the question correct gains a point. If all teams are correct, they all win a point.

Use the questions below to get started. Tell your students that there are some trick questions as well as bonus points to be gained in the game! The questions start off easy and get more challenging as they go on. Play as long as you want, until you run out of questions, or to a certain number of points.

Questions	Answers
1. Which food group does shrimp belong to?	Protein foods
2. Which food group does yogurt belong to?	Dairy
3. Pears are part of what food group?	Fruits
4. Provide two examples of a whole-grain food.	Answers can vary, e.g., brown rice, whole-wheat bread/pasta/tortilla/crackers, oatmeal, buckwheat, quinoa, popcorn
5. Which of the following is not a whole grain? Oatmeal, popcorn, shredded wheat, whole-wheat toast, corn flakes?	Corn flakes
6. List five fruits and/or vegetables that make good on-the-go snacks.	Answers can vary, e.g., baby carrots, celery, cherry tomatoes, raisins, apples, plums, unsweetened applesauce cups, 100% fruit juice
7. True or False: plain milk has naturally occurring sugars that are not considered added sugars.	True
8. Name five vegetables beginning with the same letter. BONUS 5 points	Answers can vary, e.g., carrot, celery, collard greens, corn, cassava, cabbage, cauliflower
9. Create a breakfast with protein foods, dairy, whole grains, and fruit and/or vegetables. BONUS 4 points	Answers can vary, e.g., scrambled eggs with spinach, whole-wheat toast, and a glass of milk, or oatmeal made with milk and topped with nuts and raisins
10. List three beverages that do not contain added sugars.	Answers can vary, e.g., plain water, sparkling water, 100% fruit juice, plain milk
10a. BONUS 1 point: Name a healthy way to add flavor to plain water without added sugars.	Answers can vary, e.g., squeeze fresh lemon or lime juice into the water, add cucumber or strawberries
11. Fill in the blank. Prioritize _____ at every meal.	Protein foods
12. Name some foods that can support a well-balanced microbiome and healthy digestion.	Answers can vary, e.g., vegetables, fruits, fermented foods (such as sauerkraut, kimchi, kefir, and miso), and high-fiber foods

For more event ideas, visit fna.usda.gov/teamnutrition.

