

## **Families are Munching Jeopardy Game**

### **Serving Size**

100

-This guide promotes choosing various foods from the food groups and eating the recommended number of servings to help your body get the nutrients it needs

**What is Canada's Food Guide**

200

-This amount is equal to one serving of fresh, frozen, or canned vegetables and fruit

**What is  $\frac{1}{2}$  cup**

300

-These are just as nutritious as fresh vegetables and fruit

**What are frozen and canned varieties**

400

-This amount is equal to one serving of dried fruit

**What is  $\frac{1}{4}$  cup**

### **Veggie and Fruit Facts**

100

-This vegetable has a green skin and its name sounds Italian. Experienced gardeners never plant too many because they spread out over the garden.

**What is Zucchini**

200

-This part of vegetables and fruit provide a great source of fibre

**What is the skin**

300

-This helps the local economy and the environment

**What is buying locally grown produce**

## Presenter Script Grade 7 & 8

400

This percentage of Canadian youth eat less than 5 servings of veggies and fruit each day (can come within 5%)

**What is 50%**

### **Disease Prevention**

100

-Vegetables and Fruit help prevent these chronic diseases

**What is cancer, heart disease and stroke**

200

-This vegetable along with dairy products contains calcium, which helps prevent osteoporosis

**What is broccoli (could also be bok choy or kale)**

300

-This is a substance that is found naturally in vegetables and fruits that play an important role in health maintenance and disease prevention

**What are antioxidants**

400

-This nutrient is found in dark green vegetables and oranges/orange juice that helps prevent birth defects

**What is folic acid**

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