



# 4-H VOLUNTEER INFORMATION SERIES

Nebraska 4-H Youth Development

## Club Activity Idea: Food Pyramid Jeopardy

**Outcome Area:** \_\_ SET \_\_X\_ Healthy Lifestyles \_\_ Life Skills \_\_ Career Development

**Curriculum Area:** Food and Nutrition; Physical Fitness

**Specific Project (s):** *Fast Foods!; Road to Good Cooking; Six Easy Bites; YOUth in Motion*

### Description of Activity:

This activity reviews the foods in the MyPyramid food groups. It also encourages 4-H members to stand up in front of a group and speak clearly when participating in this activity. Additional information can be found at [www.mypyramid.gov](http://www.mypyramid.gov) or the National Heart, Lung and Blood website [www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/gswtips.pdf](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/gswtips.pdf).

**Age Level:** 12 years and younger

**Group Size:** Any

**Time Involved:** Preparation time: 5 minutes to set up      Activity time: 15-20 minutes

### Materials Needed:

- 2 bells or buzzers (optional)
- MyPyramid Jeopardy questions (listed below)

### Activity:

- Set up area like a game show with two tables, each with a set of buzzers or bells.
- Identify a scorekeeper.
- Form two teams.
- Depending on the size of your group, have 2-8 players (1-4 from each team) come to the front.
- Explain that the game will be played like Jeopardy where an answer is given and the players must respond with the question.
- The first correct response scores a point for his/her team.
- Using the MyPyramid Jeopardy questions, give the players an opportunity to respond to a practice statement.
- **Example:** "The answer is: Peaches. What is the question?"
- **Correct Response:** "What is a fruit?" Or "Name a food that is in the fruit group."  
After four questions, new contestants come to the front for the next round.

Lesson adapted by: Mary Loftis, University of Nebraska-Lincoln Extension 4-H Youth Development

**Source:** *Internet TESL Journal*. <http://iteslj.org/c/games.html>



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

## Food Pyramid Jeopardy

**#1. The answer is: Banana**

What is a member of the Fruit food group?

**#2. The answer is: Cantaloupe**

What is a Fruit food group member?

**#3. The answer is: Broccoli**

What is a Vegetable food group member?

**#4. The answer is: Pork Chop**

What is a Meat & Beans food group member?

**#5. The answer is: Cheddar Cheese**

What is a Milk food group member?

**#6. The answer is: Yogurt**

What is a Milk food group member?

**#7. The answer is: Oatmeal**

What is a Grains food group member?

**#8. The answer is: Chocolate malt**

What is a Milk food group member?

**#9. The answer is: Macaroni & Cheese**

What is a Grain & Milk group member?

**#10. The answer is: Carrot**

What is a Vegetable food group member?

**#11. The answer is: Crackers**

What is a Grains food group member?

**#12. The answer is: Baked Potato**

What is a Vegetable food group member?

**#13. The answer is: Turnips**

What is a Vegetable food group member?

**#14. The answer is: Lettuce**

What is a Vegetable food group member?

**#15. The answer is: Corn Flakes**

What is a Grains food group member?

**#16. The answer is: Chicken**

What is a Meat & Beans food group member?

**#17. The answer is: Corn Bread**

What is a Grains food group member?

**#18. The answer is: Noodles**

What is a member of the Grains food group?

**#19. The answer is: Kiwi**

What is a fruit food group member?

**#20. The answer is: Tortilla**

What is a Grains food group member?

**#21. The answer is: Waffles**  
What is a grain food group member?

**#22. The answer is: Peanut Butter**  
What is a Meat & Beans food group member?

**#23. The answer is: Shrimp**  
What is a Meat & Beans food group member?

**# 24. The answer is: Prime Rib**  
What is a Meat & Beans food group member?

**#25. The answer is: Coconut**  
What is a Fruit food group member?

**#26. The answer is: Strawberries**  
What is a Fruit food group member?

**#27. The answer is: Watermelon**  
What is a Fruit food group member?

**#28. The answer is: Scrambled Eggs**  
What is a Meat & Beans food group member?

**#29. The answer is: Spinach**  
What is a Vegetable food group member?

**#30. The answer is: Cheese Sticks**  
What is a Milk food group member?

**#31. The answer is: Walnuts**  
What is a Meat and Beans food group member?

**#32. The answer is: Tuna**  
What is a Meat & Beans food group member?

**#33. The answer is: Beef Jerky**  
What is a Meat and Beans food group member?

**#34. The answer is: Birthday Cake**  
What is a Fats, Sugar, & Salt food group member?

**#35. The answer is: Pudding**  
What is a Milk food group member?

**#36. The answer is: Onion**  
What is a Vegetable food group member?

**#37. The answer is: Raisins**  
What is a fruit food group member?

**#38. The answer is: Cranberries**  
What is a Fruit food group member?

**#39. The answer is: Green Pepper**  
What is a Vegetable food group member?

**#40. The answer is: Rice**  
What is a Grain food group member?