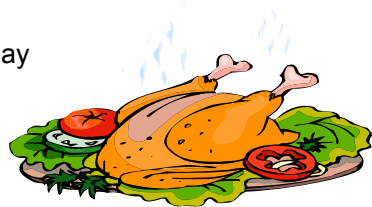


Who wants to be a "Nutritionist"? #2

- 1 What following food item does NOT belong in this food group?
 - a. Milk
 - b. Watermelon
 - c. Yogurt
 - d. Ice Cream
- 2 How many servings at least should you eat from the meat group per day?
 - a. 1
 - b. 6
 - c. 2
 - d. 5
- 3 In the "Other" food group serving, you should have
 - a. As much as you can eat
 - b. Same as milk group
 - c. Twice as much as the grain group
 - d. Minimal serving
- 4 Tomatoes are considered in what food group?
 - a. Vegetable
 - b. Fruit
 - c. Other
 - d. Milk
- 5 What food item below would NOT be a good breakfast selection?
 - a. Pizza
 - b. Candy bar
 - c. Eggs
 - d. Bacon
- 6 What is a good healthy snack for the day?
 - a. Fruits & Vegetables
 - b. Chips
 - c. Donuts
 - d. Pie
- 7 What are the benefits of healthy eating?
 - a. Helps young people grow
 - b. Prevents childhood health problems (obesity, cavities, etc.)
 - c. Prevents health problems as adults
 - d. All of the above
- 8 Fruit is a very important food group, how many servings should you have at least per day?
 - a. 3
 - b. 2
 - c. 1
 - d. 12
- 9 How much exercise do you think a student should do a day?
 - a. At least 20 minutes per day
 - b. Count only trips to the pantry
 - c. Five minutes per day
 - d. None
- 10 What do you consider a protein?
 - a. Crackers
 - b. Potato
 - c. Rice
 - d. Beans



Answers: (1 b. Watermelon) (2 c. 2) (3 d. Minimal) (4 a. Vegetable) (5 b. Candy Bar) (6 a. Fruits & Vegetables)
(7 d. All of the above) (8 b. 2) (9 a. At least 20 minutes per day) (10 d. Beans)

You will need: Game Host, Two Contestants and Scorekeeper.

Rules: When the question is asked, the contestants will raise their hand. The host will decide whose hand was first.

Each question is given a point amount, doubling the points for each question (example=10, 20, 30 etc.).

If the first contestant answers incorrectly, the second contestant has the opportunity to answer question.

If the second contestant answers correctly, the points are doubled for that question.

The contestant with the most points is the winner.