

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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