Nutrition

Puzzle Game

For up to 4 Players or teams

Grade 3 – 6

(or younger with adaptations)

Created by Kristen Bueckert
nutrition student, 2010
Rules: Nutrition Puzzle Game

- There are 4 puzzles to each kit and each puzzle has 9 pieces

- There are also extra puzzle pieces and question lists provided with each kit

- Students can play in teams of any size and 1-4 teams can play at once

- Teams will answer a question correctly to win a piece for their puzzle, with a total of 9 pieces, and the first team to complete their puzzle will win that game. Teams may not answer the same number of questions depending on how many they get wrong and how many tries it takes for them to get each puzzle piece.

- The students can build their puzzles on the floor or on a table

- The teacher or person in charge can pick the order that teams will be asked questions

- Once the order is established the first team can be asked their question. For example, Team A,B,C,D is the order. Team A is asked question 1, if they answer correctly they are given any one of their puzzle pieces. Then Team B is asked question 2, if for example they answer incorrectly, that question can be passed on to the next team, Team C. If Team C get its right, they get a puzzle piece, if they answer wrong the question is dead and Team C will be asked question 3 from the list. If Team C had answered the question right, they could have gotten one piece and still be able to be asked their own question.

- Dead questions or those that are followed by an explanation can be discussed with the students. Some of the more complex questions are followed by an explanation that is meant to help the teacher talk to the students about that nutrition topic.

- Answers to each question come after the question
  EX: A: carrot

- The reference is listed after each question in brackets

- For questions that ask ex. Name 2 red fruits? Some example answers are given but others may be accepted at the discretion of the person who is in charge. A student may come up with a red fruit that is not on the list but it may still be correct, it is up to the teacher to decide.

- The Flesch-Kincaid Grade Level for Readability for the Grade 5-6 Questions is grade 5.6

- The Flesch-Kincaid Grade Level for Readability for the Grade 3-4 Questions is grade 5.1
Nutrition Puzzle Game: Grade 3-4 Questions

1. What could your school do to be more nutrition positive?
      a. replace chocolate bars with doughnuts in the vending machine
      b. offer watermelon for a snack after gym blast
      c. offer hot dogs and burgers in the cafeteria for lunch

2. Canada's Food Guide is in the shape of a______?
   A: Rainbow (Canada's Food Guide (CFG))

3. Name 2 green vegetables.
   A: Broccoli, green peppers, lettuce, spinach, beans, peas, cucumber or any other (CFG)

4. Name 2 orange fruits.
   A: Orange, cantaloupe or any other (CFG)

5. Name one of the food groups in Canada's Food Guide?
   A: Grain Products, Milk and Alternatives, Vegetables and Fruit, Meat and Alternatives (CFG)

6. Which food group do eggs belong to?
   A: Meat and Alternatives (CFG)

7. What is one game you can play with your friends that includes running around?
   A: any acceptable answer

8. True or false, playing outside in the snow is a good way to get exercise.
   A: T

9. Which food group does rice belong to?
   A: Grain Products (CFG)

10. True or false, if you think a food is expired it is okay to taste it as long as you cannot see any mold.
    A: F (Rolfes, Sharon and Whitney 2005:665)
    Explanation: There are many different kinds of mold and just because you cannot see the mold does not mean it is not there.

11. True or false, fruit juice does count towards a serving of fruit and vegetables.
    A: T (CFG)

12. Which food group does cheese belong to?
    A: Milk and Alternatives (CFG)
13. How many food groups are there in Canada’s Food Guide?
   **A: 4** (CFG)

14. This food is oval and hard on the outside, it comes from a farm animal and is in the Meat and Alternatives food group?
   **A: Egg**

15. True or false, eating healthy when you are young can help you to be healthier when you’re an adult.
   **A: T**

16. Which is a healthy after school snack?
   **A: b** (CFG)
   a. plain chips with low fat dip
   **b. apple with peanut butter**
   c. chocolate chip cookies with apple juice

17. Which is the healthiest drink you can have for lunch?
   **A: a** (CFG)
   a. chocolate milk
   b. energy drink
   c. pop with zero calories

18. What food group does peanut butter belong to?
   **A: Meat and Alternatives** (CFG)

19. Name 2 red vegetables.
   **A: red pepper, tomato or any other** (CFG)

20. True or false, you do not have to wash fruits and vegetables before eating them, as long as they came from a clean grocery store.
   **A: F** (CFG)
   Explanation: Fruits and vegetables in any grocery store can be touched by people and are exposed to many germs so it is safest to wash all fruits and vegetables before you eat them, no matter where they come from.

21. True or false, you should try to choose whole wheat bread instead of white bread.
   **A: T** (CFG)
22. Which food has more fibre?
   **A: b** (Rolfes et al. 2005:127)
   a. peeled apple  
   b. **apple with skin**  
   c. apple sauce  
   **Explanation:** The skin of the apple is where a lot of the fiber is so by eating the whole apple with the skin you can get more fibre.

23. Which snack should you choose less often?
   **A: b** (CFG)
   a. whole wheat crackers with peanut butter  
   b. **chocolate ice cream with fruit flavoured sprinkles**  
   c. air popped popcorn with a small amount of margarine

24. What should you choose more often, an orange or orange juice?
   **A: Orange** (CFG)
   **Explanation:** Whole oranges have more fibre than orange juice so it is better to choose an orange over a glass of orange juice, however, having orange juice every once and a while is okay.

25. What food group do beans belong to?
   **A: Meat and Alternatives** (CFG)

26. What food group do grapes belong to?
   **A: Vegetables and Fruit** (CFG)

27. True or false, soymilk and cows milk are in the same food group.
   **A: T** (CFG)

28. True or false, wild rice and bread are in the same food group.
   **A: T** (CFG)

29. Who is the Nutrition Positive mascot?
   **A: b**
   a. Captain Cauliflower  
   b. **Captain Carrot**  
   c. Super Slushie Man

30. True or false, chicken and peanuts are in the same food group.
   **A: T** (CFG)
31. Which of the following are healthy ways to relax or calm down?
   **A: c** (Saskatchewan Learning Health Education)
   - a. eat a sugary snack
   - b. watch TV
   - **c. close your eyes and count backwards from 20**
   - d. eat a bowl of popcorn with butter and salt

32. What food group does yogurt belong to?
   **A: b** (CFG)
   - a. Meats and Alternatives
   - **b. Milk and Alternatives**

33. True or false, apples and potatoes are in the same food group.
   **A: T** (CFG)

34. Which would be a healthier drink to have if you’re just watching TV, Gatorade or water?
   **A: Water**
   Explanation: When you are doing hard exercise and sweating a lot you may need Gatorade to help replenish your body’s water and minerals. However, if you are just sitting on the couch you do not need the extra energy that is in Gatorade and your body will not be losing water or minerals.

35. Which food belongs to the Meat and Alternatives food group?
   **A: b** (CFG)
   - a. brown rice
   - **b. tofu**
   - c. cheese

36. True or false, sweet potatoes are a good source of vitamins which your body needs to be healthy.
   **A: T** (Rolfes et al. 2005:374)

37. What can you use to help you compare 2 cereals to see how healthy they are?
   **A: a** (Saskatchewan Learning Health Education)
   - a. the Nutrition Facts label on the box
   - b. the price, because the more expensive cereal will be healthier
38. True or false, you can use the same cutting board for raw chicken and lettuce without washing it in between as long as you wash your hands.

A: F (Rolfes et al. 2005:661)

Explanation: The bacteria in raw chicken that can make you sick will be on the cutting board so if you put the lettuce on the board, the bacteria can get on your lettuce. You should wash both your hands and cutting board with soap between cutting the chicken and the lettuce.

39. Which of the following are healthy ways to take care of your stomach?

A: d (Saskatchewan Learning Health Education)
   a. proper diet
   b. proper preparation of foods
   c. taking time to chew
   d. all of the above

40. Which of the following is true about fish?

A: b (CFG)
   a. fish is in the Milk and Alternative food group
   b. you should try to eat 2 food guide servings of fish each week
   c. fish is not healthy

41. True or false, milk is important in your diet because it has calcium and vitamin D.

A: T (Rolfes et al. 2005:377)

Explanation: We need calcium to build strong bones and teeth but we also need vitamin D to help your body take the calcium from the food in your digestive system.

42. The best way to stay healthy is to:

A: c (Dietitians of Canada)
   a. eat food labelled fat free
   b. eat low carbohydrate foods
   c. enjoy healthy eating and regular physical activity

43. Healthy eating means:

A: b (DC)
   a. giving up favourite foods
   b. eating all foods in moderation
   c. eating the same foods all the time

44. True or false, a lot of soft drinks, cookies and ice cream are high in sugar.

A: T (Rolfes et al. 2005:120)
45. Which is true about fast food?
   A: d
   a. fast food is high in salt
   b. fast food is high in fat
   c. fast food is low in minerals and vitamins
   d. all of the above

46. True or false, 9 year old boys and girls need the same amount of milk or milk products each day.
   A: T (CFG)

47. Which is a healthy way to take care of your teeth and help keep them strong?
   A: b (Saskatchewan Learning Health Education)
   a. eat candy before bed
   b. brush twice a day with toothpaste
   c. drink pop because it helps build strong teeth

48. Which food does not belong in the Milk and Alternatives food group?
   A: c (CFG)
   a. soy beverage
   b. yogurt
   c. egg

49. True or false, you should have a drink of water after gym class.
   A: T (NPM: 18)
   Explanation: After a gym class you will probably be thirsty, have a drink of water to quench your thirst because water helps to cool the body, refresh you and has no unnecessary sugar.

50. Which food group do all people need to get the most food from each day?
    A: Vegetables and Fruit (CFG)

51. This food is high in fibre and has the same nutrients as meat?
    A: beans or legumes (Rolfes et al. 2005: 127)

52. True or false, fibre helps keep your body healthy.
    A: T (Rolfes et al. 2005:109)

53. What food group does cabbage belong to?
    A: Vegetables and Fruit (CFG)

54. Which would be a healthier snack, chocolate chip cookies or strawberry yogurt?
    A: Yogurt (CFG)
55. Before eating food you should?
   **A: b** (Rolfes et al. 2005:661)
   a. wipe your hands on your shirt to get the germs off your hands
   b. wash your hands with warm water and soap
   c. sanitize your hands because that works just as well at getting the dirt off

56. Which would be a healthier cereal?
   **A: c**
   a. captain crunch
   b. fruit loops
   c. shredded wheat

57. This fruit is round, a purplish blue color, and is a great treat in your cereal?
   **A: Blueberry**

58. Name one food from the Grain products food group?
   **A: Bread, cereal, rice, pasta or others** (CFG)

59. This food is orange, we eat the root not the stem and it has vitamin A?
   **A: Carrot** (Rolfes et al. 2005:374)

60. This food is high in healthy fats, lives in water and belongs to the Meat and Alternatives food group?
   **A: Fish**

61. A healthy diet should include?
   **A: c** (Rolfes et al. 2005:115)
   a. meat only
   b. grains only
   c. a bit from all the food groups

62. I give you energy to start your day, what meal am I?
   **A: Breakfast**

63. Where is the best place to find nutrition information?
   **A: c** (Rolfes et al. 2005:32)
   a. internet
   b. friends
   c. Dietitians
64. Which can your school do to be more nutrition positive?
   **A: a (NPM: 24)**
   a. have fruit sales at lunch
      b. sell chocolates for fundraising
      c. sell chips in the vending machine

65. Which is a good place to look for information about your food?
   **A: a (Rolfes et al. 2005:56)**
   a. the Nutrition Facts label on the food package
      b. the advertising on the package
      c. the internet
Nutrition Puzzle Game  Grade 5-6 Questions

1. What can your school do to be more nutrition positive?
   A: b (Saskatoon Nutrition Positive Manual (NPM): 24)
   a. replace chocolate bars with doughnuts in the vending machine
   b. offer watermelon for a snack after gym blast
   c. offer hot dogs and burgers in the cafeteria for lunch

2. Canada’s Food Guide is in the shape of a______?
   A: Rainbow (Canada’s Food Guide (CFG))

3. Name 4 green vegetables.
   A: Broccoli, green peppers, lettuce, spinach, beans, cucumber or any other (CFG)

4. This food is a dark green vegetable, it looks like a tree and is a good source of vitamin C?
   A: Broccoli (Rolfes, Sharon and Whitney 2005:353)

5. Name 2 orange fruits.
   A: Orange, cantaloupe or any other (CFG)

6. How many food groups are there in Canada’s Food Guide?
   A: 4 (CFG)

7. Which food group do eggs belong to?
   A: Meat and Alternatives (CFG)

8. True or false, fruit juice does not count towards a serving of fruit and vegetables.
   A: F (CFG)

9. Which food group does rice belong to?
   A: Grain Products (CFG)

10. Which food group does cheese belong to?
    A: Milk and Alternatives (CFG)

11. Name 2 of the food groups in Canada’s Food Guide.
    A: Grain Products, Milk and Alternatives, Vegetables and Fruit, Meat and Alternatives (CFG)

12. This food is oval and hard on the outside, it comes from a farm animal and is in the Meat and Alternatives food group?
    A: Egg
13. True or false, eating healthy when you are young can help you to be healthier when you’re an adult.
   A: T

14. Who is the Nutrition Positive mascot?
   A: b (NPM: 23)
   a. Captain Cauliflower
   b. Captain Carrot
   c. Super Slushie Man

15. Which would be the healthiest drink you can have for lunch?
   A: a (CFG)
   a. chocolate milk
   b. energy drink
   c. pop with zero calories

16. What food group does peanut butter belong to?
   A: Meat and Alternatives (CFG)

17. Name 2 red vegetables.
   A: Red pepper, tomato or any other

18. How much milk do you have to drink to get one food guide serving of Milk and Milk Alternatives?
   A: 1 cup (CFG)

19. True or false, you should try to choose whole grain bread instead of white bread.
   A: T (CFG)
   Explanation: Whole grain bread contains the entire grain which contains more vitamins, minerals and fibre than the grains used in white breads which are refined (Rolfes et al. 2005:53).

20. Which food has more fibre?
   A: b (Rolfes et al. 2005:127)
   a. carrots
   b. kidney beans
   c. apples

21. Which snack should you choose less often?
   A: b (CFG)
   a. whole wheat crackers with peanut butter
   b. chocolate ice cream with fruit flavoured sprinkles
   c. air popped popcorn with a small amount of margarine

22. What should you choose more often, an orange or orange juice?
   A: Orange (CFG)
23. What food group do beans belong to?
   A: **Meat and Alternatives** (CFG)

24. What food group do grapes belong to?
   A: **Vegetables and Fruit** (CFG)

25. True or false, soymilk and tofu are in the same food group.
   A: **F** (CFG)
   Explanation: Soy milk and tofu both come from the soybean; they are just different ways of processing the soy bean. Soymilk is in the **Milk and Alternatives** group because it is used as a substitute for cows milk and it has calcium and vitamin D added so that is similar to cows milk. Tofu is in the **Meat and Alternatives** group because it is used as a meat substitute by many people because it is nutritionally similar to meat.

26. True or false, milk and bread are in the same food group.
   A: **F** (CFG)

27. One whole bagel is equal to how many servings from the grains food group?
   A: **2** (CFG)

28. True or false, chicken and peanuts are in the same food group.
   A: **T** (CFG)

29. True or false, green leafy vegetables and legumes have Folate.
   A: **T** (Rolfes et al. 2005:340)

30. True or false, a banana is a better source of vitamin A than carrots.
   A: **F** (Rolfes et al. 2005:374)

31. True or false, apples and potatoes are in the same food group.
   A: **T** (CFG)

32. Which would be a healthier drink to have if you’re just watching TV, PowerAde or water?
   A: **water**
   Explanation: When you are doing hard exercise and sweating a lot you may need PowerAde to help replenish your body’s water and minerals. However, if you are just sitting on the couch you do not need the extra energy that is in PowerAde and your body will not be losing water or minerals.

33. Which food belongs to the Meat and Alternatives food group?
   A: **b** (CFG)
      a. brown rice
      b. **tofu**
      c. cheese
34. True or false, sweet potatoes are a good source of vitamin A.  
   A: T (Rolfes et al. 2005:374)

35. True or false, eggs, legumes, and red meat are all good sources of iron.  
   A: T (Rolfes et al. 2005:445)

36. True or false, it is safe to use the same cutting board for raw chicken and lettuce without washing it in between as long as you wash your hands.  
   A: F (Rolfes et al. 2005:661)  
   Explanation: The bacteria in raw chicken that can make you sick will be on the cutting board so if you put the lettuce on the board, the bacteria can get on your lettuce. You should wash both your hands and cutting board between cutting the chicken and the lettuce.

37. True or false, nutrients in foods help our bodies grow, be healthy and have energy.  
   A: T (Saskatchewan Learning Health Education)

38. Which of the following is true about fish?  
   A: b (CFG)  
   a. fish is in the Milk and Alternative food group  
   b. you should try to eat 2 food guide servings of fish each week  
   c. fish is not healthy

39. Which of the following are healthy ways to take care of your stomach?  
   A: d (Saskatchewan Learning Health Education)  
   a. proper diet  
   b. proper preparation of foods  
   c. taking time to chew  
   d. all of the above

40. The best way to stay healthy is to:  
   A: c (Dietitians of Canada)  
   a. eat food labelled fat free  
   b. eat low carbohydrate foods  
   c. enjoy healthy eating and regular physical activity

41. Healthy eating means:  
   A: b (Dietitians of Canada)  
   a. giving up favourite foods  
   b. eating all foods in moderation  
   c. eating the same foods all the time

42. True or false, 9 year old boys need more milk or milk products each day than 9 year old girls.  
   A: F (CFG)
43. How many servings of grain products should a 13 year old girl or boy have each day?
   A: b (CFG)
   a. 12
   b. 6
   c. 3

44. How many pieces of bread do you have to eat to get one serving of grains?
   A: b (CFG)
   a. 2
   b. 1
   c. 3

45. Which food has more vitamin C, a kiwi or 1 cup of milk?
   A: Kiwi (Rolfes et al. 2005:353)

46. Which food does not belong to the Milk and Alternatives food group?
   A: c (CFG)
   a. soy beverage
   b. yogurt
   c. egg

47. True or false, after gym class you should have a large PowerAde to quench your thirst.
   A: F (NPM: 18)
   Explanation: After a gym class you will probably be thirsty, have a drink of water to quench your thirst. Chances are, in gym class, you will not sweat so much that you need a drink like PowerAde which is made for intense exercise.

48. Which food group do all people need to get the most food from each day?
   A: Vegetables and Fruit (CFG)

49. This food is high in fibre, comes in many colours and has the same nutrients as meat?
   A: Beans or legumes (Rolfes et al. 2005: 127)

50. True of false, fibre helps keep your body healthy.
    A: T (Rolfes et al. 2005:109)
    Explanation: Fibre is important in the body because it helps protect against heart disease and diabetes and it helps us to digest food.

51. What food group does eggplant belong to?
    A: Vegetables and Fruit (CFG)

52. Which would be a healthier snack, chocolate chip cookies or strawberry yogurt?
    A: Yogurt (CFG)
53. Before handling or eating food you should?
   A: b (Rolfes et al. 2005:661)
   a. wipe your hands on your shirt to get the germs off your hands
   b. wash your hands with warm water and soap
   c. sanitize your hands because that works just as well at getting the dirt off

54. True or false, food from restaurants should be refrigerated within 2 hours of it being served to you.
   A: T (Rolfes et al. 2005:661)
   Explanation: Bacteria can grow in food that is kept between 4°C and 60°C so you should refrigerate doggy bags within 2 hours because if you don’t, and your food is in this zone for too long bacteria could start to grow and may make you sick.

55. Which of the following is usually true about fast food?
   A: d
   a. fast food is high in salt
   b. fast food is high in fat
   c. fast food is low in minerals and vitamins
   d. all of the above

56. Which of the following is not true about fat?
   A: b (Saskatchewan Learning Health Education)
   a. fat acts as an insulator to help keep you warm
   b. you should eat fat-free food most often because our bodies don’t need fat
   c. humans need to eat a reasonable amount of fat
   d. some fats are healthier than others

57. This food is orange, we eat the root not the stem and it has vitamin A?
   A: Carrot (Rolfes et al. 2005:374)

58. I am small and round, a purplish blue colour, and I am a great treat in your cereal, what fruit am I?
   A: Blueberry

59. A healthy diet should include?
   A: a (Rolfes et al. 2005:115)
   a. a bit from all the food groups
   b. meat only
   c. grains only

60. True or false, you do not have to wash your hands if you touch money that your friend gave you because it is probably clean.
   A: F
   Explanation: Money changes hands many times and so it can collect germs. It is best to wash your hands before you eat or handle food if you have been touching money.
61. Where is the best place to find nutrition information?
   **A: c** *(Rolfes et al. 2005:32)*
   - a. internet
   - b. magazines
   - c. Dietitians

62. This food is high in healthy fats, lives in water and belongs to the Meat and Alternatives food group?
   **A: Fish**

63. Which is a good place to look for information about your food?
   **A: a** *(Rolfes et al. 2005:56)*
   - a. the *Nutrition Facts* label on the food package
   - b. the advertising on the package
   - c. the internet

64. Which of the following is true about saturated fats?
   **A: c** *(Saskatchewan Learning Health Education)*
   - a. it is found in most animal products ex. Meat or dairy products
   - b. is linked to heart disease
   - c. all of the above

65. Which is a healthy after school snack?
   **A: b** *(CFG)*
   - a. plain chips with dip
   - b. apple with peanut butter
Nutrition Puzzle Game: References


