



NUTRITION TRIVIA

TOPICS

1: "3 out of 5" Model	2: Serving Size	3: "5 out of 5" Model	4: Physical Activity
<u>200</u>	<u>200</u>	<u>200</u>	<u>200</u>
<u>400</u>	<u>400</u>	<u>400</u>	<u>400</u>
<u>600</u>	<u>600</u>	<u>600</u>	<u>600</u>
<u>800</u>	<u>800</u>	<u>800</u>	<u>800</u>

Bonus Question

BONUS QUESTION

Question:

- As a team, write down the main nutrient for “extra” foods and why.



Answer:

- None. The foods in the “extra” category are usually more high in fat and calories. They also don’t contain much, if any, of the essential nutrients.



Question:

- **What meal do we use the “3 out of 5” model for?**

Answer:

- **Breakfast**



**“3 OUT OF 5”
TOPIC 1: 400**

Question:

- **What are the three groupings of foods in the “3 out of 5” model?**



Answer:

- **Grains, Breads & Cereals; Vegetables OR Fruits; Milk and Milk Products OR Meat; Beans and Nuts**

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**“3 OUT OF 5”
TOPIC 1: 600**

Question:

- **Why is it important to eat breakfast everyday?**



Answer:

- **To get the energy we need to help our bodies grow strong and to stay healthy; to learn and be physically active**

**“3 OUT OF 5”
TOPIC 1: 800**

Question:

- **If you eat something from the Milk & Milk Products food group and the Fruits food group for breakfast, what food group is missing to complete the “3 out of 5” model?**



Answer:

- **Grains, Breads & Cereals**



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“SERVING SIZE”
TOPIC 2: 200

Question:

- **What is the hand symbol for 1 serving of string cheese?**

Answer:

- **One pointer finger**



“SERVING SIZE”
TOPIC 2: 400

Question:

- **What is the hand symbol for 1 serving of bread?**

Answer:

- **One open hand or 1 slice**



“SERVING SIZE”
TOPIC 2: 600

Question:

- **What is the serving size for 1 serving of peanut butter?**

Answer:

- **One thumb or 1 tablespoon**



“SERVING SIZE”
TOPIC 2: 800

Question:

- **What is the serving size for 1 serving of cooked carrots?**

Answer:

- **One fist or 1 cup**



**“5 OUT OF 5”
TOPIC 3: 200**

Question:

- **What two meals are the “5 out of 5” model for?**

Answer:

- **Lunch and Dinner**



**“5 OUT OF 5”
TOPIC 3: 400**

Question:

- **What are the food groups in the “5 out of 5” model?**

Answer:

- **Milk and Milk Products**
- **Vegetables**
- **Fruits**
- **Grains, Breads & Cereal;**
- **Meat, Beans & Nuts**



**“5 OUT OF 5”
TOPIC 3: 600**

Question:

- **Why is it important to have foods from all five food groups at lunch and dinner?**



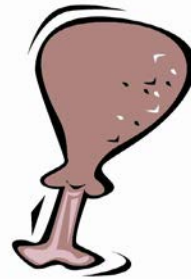
Answer:

- **To help us get the main nutrients we need each day.**

**“5 OUT OF 5”
TOPIC 3: 800**

Question:

- If we have chicken, rice, broccoli and a glass of 100% fruit juice for dinner, what food group is missing to complete the “5 out of 5” model?



Answer:

- **Milk & Milk Products**

Idea! Add some cheddar cheese on top of your broccoli to fit all five food groups into your meal.

“PHYSICAL ACTIVITY”
TOPIC 4: 200

Question:

- **How many minutes of moderate-vigorous physical activity do we need to get each day?**



Answer:

- **60 minutes**



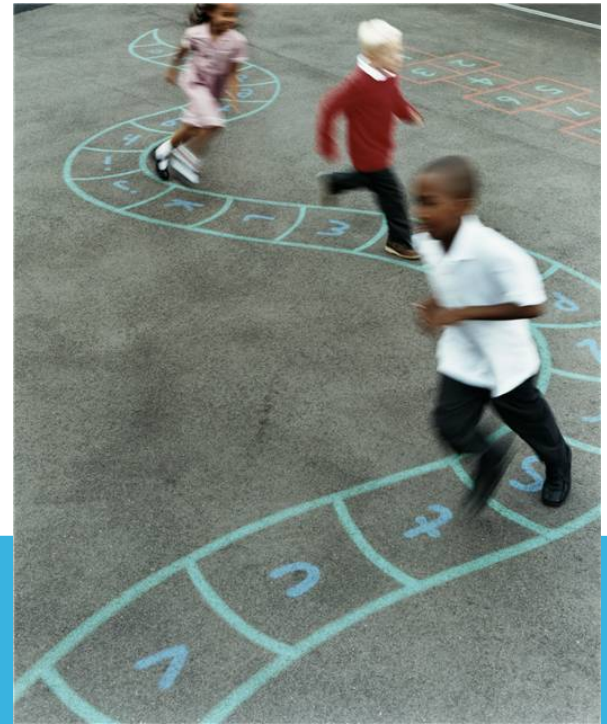
**“PHYSICAL ACTIVITY”
TOPIC 4: 400**

Question:

- **Playing tag is what level of physical activity?**

Answer:

- **Moderate-vigorous level**

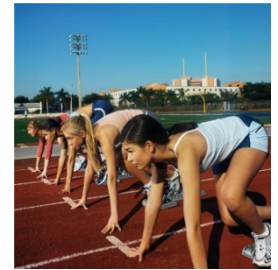
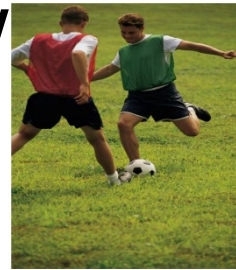


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**“PHYSICAL ACTIVITY”
TOPIC 4: 600**

Question:

- **If you run for 30 minutes, play soccer for 15 minutes, and watch TV for 15 minutes, did you get enough moderate-vigorous level physical activity for the day? Explain your answer.**



Answer:

- **No—because you only did 45 minutes; you would need 15 more minutes.**

**“PHYSICAL ACTIVITY”
TOPIC 4: 800**

Question:

- **Listening to music is what level of physical activity?**

Answer:

- **Low level**

