

YMCA
“Food and Fun”
After-School Program Lesson Plan

NUTRITION TRIVIA

This lesson is designed to teach 5th grade students about MyPlate and the importance of daily exercise and test their knowledge in the form of a trivia game. This lesson and game is designed for about 30 students and they should be divided into two equally numbered teams for the game.

Objective: To teach students about nutrition and test their knowledge of it in a friendly competition.

Materials: Computer with PowerPoint and a projector

OR

Whiteboard and dry erase markers

OR

Construction paper and markers

Instructions:

1. Teach the students about My Plate by:

- Utilizing the MyPlate website: <http://www.choosemyplate.gov>
- Use the tabs “**MyPlate**” and “**Physical Activity**” (Ideally, each student will have their own computer and navigate the website to learn about MyPlate and physical activity.)

The instructor should be familiar with the site and be able to answer any questions that the students may have. The students will have 20 minutes to learn as much as they can from the website.

➤ Key Concepts for students to learn:

- ✓ Different food groups and which foods belong in them
- ✓ Serving sizes and how much to consume in a day
- ✓ Importance of 30 – 60 min of daily exercise

2. Set up the game in a table similar to the one below using PowerPoint, a whiteboard, or construction paper.

Fruits	Vegetables	Grains	Protein	Dairy	Exercise
1 pt	1 pt	1 pt	1 pt	1 pt	1 pt
3 pts	3 pts	3 pts	3 pts	3 pts	3 pts
5 pts	5 pts	5 pts	5 pts	5 pts	5 pts

3. Choose a question on the next page from the category and point value that the student chooses. There are extra questions so the game can be played more than once without repeating the same questions.

FRUIT**1 point**

- Name a fruit juice
- Name an orange fruit
- Name a red fruit

3 point

- Name 3 berries
- Name 3 melons
- Name 2 green fruits

5 point

- What is 1 health benefit of fruit?
- How many cups of fruit do you need in a day?
- Name 3 yellow fruits

VEGETABLE**1 point**

- Name a green veggie
- Name an orange veggie
- Name a type of bean.

3 point

- Name 2 dark green veggies
- How many servings of veggies per day do you need?
- Name a type of pea

5 point

- What is a health benefit of vegetables?
- Name 3 starchy veggies
- How many cups of veggies do you need per day?

GRAIN**1 point**

- Name a type of pasta
- Name a type of cereal
- Name a white grain

3 point

- Name 2 whole grains
- Name 2 refined grains
- How many ounces do you need per day?

5 point

- What are the health benefits of whole grains
- How many cups of popcorn equal an ounce of grains?
- What fraction of your grains should be whole?

PROTEIN**1 point**

- Name a poultry meet
- Name a nut.
- Name a seafood

3 point

- Name a game meat
- Name 2 shellfish
- Name an egg type

5 point

- Name 2 canned fish
- Name 2 processed soy products
- Name 3 lean ground meats

DAIRY**1 point**

- Name a type of milk
- Name a type of cheese
- Name a yogurt

3 point

- Name 2 flavored milks
- Name 2 hard natural cheese
- What is a health benefit of dairy?

5 point

- Name 2 soft cheeses
- Name a soy beverage
- How many cups of dairy do you need in a day?

EXERCISE**1 point**

- Name a moderate physical activity
- Name a vigorous physical activity
- How many min a day should you exercise?

3 point

- Name 2 health benefits of exercise
- Name 2 tips for increasing physical activity
- Name a disease that exercise can help prevent

5 point

- During which activity would you burn more calories? Walking or swimming
- How many hours should adults get each week?
- Name 3 things that exercise can help with

4. If a team answers a question incorrectly or does not answer it fully, the whole team must do either 10 push-ups or 20 jumping jacks, no points will be awarded, and the question is no longer available. The push-ups and jumping jacks are used to promote physical activity.
5. The game is over when either all questions have been used or if there is longer any time available. The team with the most points will be declared the winners.

Script:

“Welcome to nutrition trivia!”

“How many of you think that you eat pretty healthy? What could you change to be healthier?”

“Today, we are going to play a game to test your knowledge in nutrition.”

“Everybody, find a computer and go to <http://www.choosemyplate.gov> and use the “**MyPlate**” and “**Physical Activity**” tabs to learn about the food groups and physical activity. Please ask if you have any questions. We will start the game in 20 minutes, so learn as much as you can so you can help lead your team to victory!”

Play the game

“I hope everybody had fun and congratulations to the winning team!”