

JEOPARDY STYLE QUESTIONS

CATEGORY 1: CANADA'S FOOD GUIDE BASICS

 \$200

CANADA'S FOOD GUIDE RECOMMENDS FILLING HALF YOUR PLATE WITH THIS

CORRECT ANSWER: WHAT ARE VEGETABLES AND FRUITS?

 \$400

THIS NUTRIENT FOUND IN WHOLE GRAINS HELPS WITH DIGESTION, FULLNESS, AND BLOOD SUGAR CONTROL.

CORRECT ANSWER: WHAT IS FIBER?

 \$600

IF FRESH VEGETABLES ARE TOO EXPENSIVE, THESE TWO OPTIONS STILL PROVIDE FIBER AND NUTRIENTS

CORRECT ANSWER: WHAT ARE FROZEN AND CANNED VEGETABLES?

 \$800

WHITE FLOUR IS AN EXAMPLE OF THIS TYPE OF GRAIN, WHICH HAS FEWER NUTRIENTS THAN ITS WHOLE VERSION.

CORRECT ANSWER: WHAT ARE REFINED GRAINS? (processed is also acceptable)

 \$1000

THESE TWO VEGETABLE COLOURS ARE EMPHASIZED IN CANADA'S FOOD GUIDE.

CORRECT ANSWER: WHAT ARE DARK GREEN AND ORANGE?

CATEGORY 2: DIABETES

 \$200

THE PANCREAS PRODUCES THIS HORMONE TO HELP MANAGE BLOOD SUGAR

CORRECT ANSWER: WHAT IS INSULIN?

 \$400


UNLIKE STARCH AND SUGAR, THIS FORM OF CARBOHYDRATE IS NOT DIGESTED BY THE BODY

CORRECT ANSWER: WHAT IS FIBER?

 \$600

THIS TEST GIVES A 3-MONTH AVERAGE OF HOW WELL YOUR DIABETES IS BEING MANAGED

CORRECT ANSWER: WHAT IS A1C?

 \$800

THIS INDEX MEASURES HOW MUCH A CARBOHYDRATE-CONTAINING FOOD RAISES BLOOD SUGAR

CORRECT ANSWER: WHAT IS THE GLYCEMIC INDEX?

 \$1000

THE DIABETES FOOD GUIDE SEPARATES THESE TWO GROUPS, EVEN THOUGH THEY'RE COMBINED IN CANADA'S FOOD GUIDE

CORRECT ANSWER: WHAT ARE FRUITS AND VEGETABLES?

CATEGORY 3: BLOOD PRESSURE & SALT

 \$200

REDUCING THIS MINERAL IS KEY TO LOWERING HIGH BLOOD PRESSURE

CORRECT ANSWER: WHAT IS SODIUM?

 \$400

THIS BLOOD PRESSURE READING IS CONSIDERED NORMAL: SYSTOLIC OVER DIASTOLIC

CORRECT ANSWER: WHAT IS 120 OVER 80?

 \$600

THIS COMMON SEASONING CUBE CAN ADD MORE THAN HALF YOUR DAILY SODIUM

CORRECT ANSWER: WHAT IS A BULLION CUBE?

 \$800

RESEARCH SHOWS THIS DIET CAN REDUCE BLOOD PRESSURE

CORRECT ANSWER: WHAT IS THE DASH DIET?

 \$1000

THIS TERM DESCRIBES PEOPLE WHOSE BLOOD PRESSURE IS ELEVATED ONLY IN MEDICAL SETTINGS

CORRECT ANSWER: WHAT IS WHITE COAT HYPERTENSION?

CATEGORY 4:

SAY THE LETTERS!

ACRONYMS AND PHRASES IN NUTRITION EDUCATION

 \$200

THIS IS WHAT THE LETTERS BMI STAND FOR

CORRECT ANSWER: WHAT IS BODY MASS INDEX?

 \$400

THIS IS WHAT A1C MEASURES IN DIABETES CARE

CORRECT ANSWER: WHAT IS BLOOD SUGAR CONTROL OVER THE PAST 3 MONTHS?

 \$600

THIS IS WHAT THE ACRONYM DASH STANDS FOR IN THE DASH DIET

CORRECT ANSWER: WHAT IS DIETARY APPROACHES TO STOP HYPERTENSION?

 \$800 THIS IS WHAT NPO MEANS IN NUTRITION BEFORE SURGERY

CORRECT ANSWER: WHAT IS NIL PER OS (NOTHING BY MOUTH)?

 \$1000 THIS IS WHAT THE ACRONYM MIND IN THE MIND DIET STANDS FOR

CORRECT ANSWER: WHAT IS MEDITERRANEAN-DASH INTERVENTION FOR NEURODEGENERATIVE DELAY?

CATEGORY 5: SOFT FOODS

 \$200

LOSING THESE CAN MAKE CHEWING MORE DIFFICULT

CORRECT ANSWER: WHAT ARE TEETH?

 \$400


IT IS MORE DIFFICULT TO EAT IF THESE DON'T STAY IN PLACE

CORRECT ANSWER: WHAT ARE DENTURES?

 \$600

A BLENDER OR FOOD PROCESSOR IS USED TO MAKE THIS SOFTEST FORM OF FOOD


CORRECT ANSWER: WHAT IS PUREED?

 **\$800** STROKE and PARKINSON'S, can affect THIS part of EATING

 **CORRECT ANSWER: WHAT IS SWALLOWING?**

 **\$1000**

WHEN PUREEING FOOD, THIS IS THE ONE LIQUID YOU SHOULD NOT ADD

 **CORRECT ANSWER: WHAT IS WATER?** ADDITIONS IMPROVE FLAVOR AND TEXTURE MORE THAN PLAIN WATER.

CATEGORY 6: BRAIN HEALTH

 **\$200**


THIS DIET IS DESIGNED TO DELAY COGNITIVE DECLINE

 **CORRECT ANSWER: WHAT IS THE MIND DIET?**

 **\$400**

THESE FRUITS ARE EMPHASIZED IN THE MIND DIET

 **CORRECT ANSWER: WHAT ARE BERRIES (ESPECIALLY BLUEBERRIES AND STRAWBERRIES)?**

 **\$600** THIS TYPE OF HEALTHY FAT FOUND IN FISH AND OLIVE OIL SUPPORTS BRAIN HEALTH

 **CORRECT ANSWER: WHAT ARE OMEGA-3 FATTY ACIDS?**

 **\$800**

A DEFICIENCY IN THIS VITAMIN, FOUND MOSTLY IN ANIMAL PRODUCTS, CAN LEAD TO CONFUSION AND MEMORY LOSS

 **CORRECT ANSWER: WHAT IS VITAMIN B12?**

 **\$1000**

HOW MANY SERVINGS OF LEAFY GREENS ARE RECOMMENDED BY THE MIND DIET PER WEEK?

 **CORRECT ANSWER: WHAT IS 6 SERVINGS PER WEEK?**