Nutrition & Gardening Jeopardy
Nutrition
Food Safety
Physical Activity
Planting
Garden Care
Plant Science
Guides for healthy eating.
What are the food groups?
Half the Plate.
How much fruits and vegetables should we eat?
Water, food, and air
What people and plants need for growth

$300
Nutrient that gives us energy
What is carbohydrate?

$500
Nutrients we want to see less of on the food label
What are fat, sugar, and sodium?
The first thing you should do before eating.
What is washing your hands?

$100
What we should use to wash fresh fruits and vegetables before we eat them.
What are cold water and a scrub brush?
We remove these when we wash fresh fruits and vegetables.
What are dirt, insects, and pesticides?
We should use these to clean counters and cutting boards.
What are soap, water, and a sanitizing solution?
Method to keep fresh fruits and vegetables longer.
What is freezing?
A physical activity that burns calories and encourages you to eat healthy.
What is gardening?
This is a form of active play.
What is riding your bike or playing sports?

$200
Being active helps you to achieve this.
What is a healthy weight?
The number of times your heart beats in a minute.
What is your pulse?
Amount of time you should spend in active play every day.
What is 60 minutes?
Plants that are good for a school garden.
What are radishes and lettuce and other cool season crops?
Tools used to prepare the soil for planting.
What are shovels and rakes?
Grows into a new plant when placed in the right environment.
What is a seed?
Planting seeds indoors under “grow lights” and moving them outside.
What is transplanting?

$400
Root vegetables that are planted from seedlings in the spring and harvested in the fall.
What are sweet potatoes?
Jobs to do after the garden, is planted.
What are watering and weeding?
Decayed dried leaves, fruits and vegetable scraps, water, and other organic matter.
What is compost?
A plant that is not growing where it is supposed to be.
What is a weed?
Removing small seedlings from the garden to make room for others to grow.
What is thinning?
Removing plants from the garden and working in leaves or compost.
What is “putting the garden to bed”?
Part of the plant that absorbs water and nutrients from the soil.
What are roots?
Process where the plants make their own food from air, water, and sunlight.
What is photosynthesis?
Process by which the seed takes in water, swells, and the embryo starts to grow.
What is germination?
Plants use colors and smells to attract insects and animals to produce the fruit of the plant.
What is pollination?
Animal that helps break down nutrients in the soil.
What is a worm?
FINAL CATEGORY

How much you do want to wager?
Colorful foods that give us lots of vitamins and minerals and very little fat, sugar, or sodium.
What are fresh fruits and vegetables?