

Eating From the Garden

A nutrition and gardening program



Eating From the Garden

Jeopardy

Setting up the game

- Set up the game before the students arrive. In Jeopardy, the questions in the game are statements called “clues,” and the answers are given in the form of a question. Create a board with the topics listed across the top. Place the game cards on the game board under the proper categories and with the money-side up in ascending order (\$100 at the top to \$500 at the bottom).

Game Play


- In a class of less than 20 students, divide the students into two teams. Classes with more than 20 students can have more than two teams.
- Give each team a bell and instruct them to ring the bell if they know the answer. Introduce the categories and instruct the student that their answers must be in the form of a question.
- Have each team work together to come up with a category that they would like to start with. Then have teams roll dice to see which one goes first.
- Have the first team choose a category and an amount. Read the chosen clue. Allow the team that rings their bell first to give their answer — in the form of a question. If they answer correctly, they get the points and get to choose the next clue. If they answer incorrectly, give the other team(s) the opportunity to answer. The team that answers correctly chooses the next clue. In no one answers correctly, the team that chose that clue chooses the next clue.
- Tally team points on the chalkboard. Continue play in the above manner until all the clues have been read.
- If desired, place the Daily Double card behind one of the clues. Let the team that chooses that clue decide on their wager before you read the clue. Then read the chosen clue, and allow the team 30 seconds to consult on an answer. If they get it correct, they get the points; if not, the other team gets a chance to “steal” the points if they give the correct answer.
- After all the clues have been read, allow each team a few minutes to decide on their wagers for Final Jeopardy. Have them hand in their wagers so they cannot change them later. Read the Final Jeopardy clue, and give the teams a few minutes to discuss and write down their answers. When the time is up, the students share their answers, points are tallied, and a winner is determined.

Variations

- Have teams take turns answering questions.
- Make the game noncompetitive by having students work as a group to complete the game.

Eating From the Garden Jeopardy

Category cards

 <p>Nutrition</p>	 <p>Food Safety</p>
 <p>Physical Activity</p>	 <p>Planting</p>
 <p>Garden Care</p>	 <p>Plant Science</p>

Eating From the Garden Jeopardy

Clue cards

<p>Fruits, vegetables, grains, protein and dairy</p> <p>Nutrition</p>	<p>Half of my plate</p> <p>Nutrition</p>
<p>Water, food and air</p> <p>Nutrition</p>	<p>Nutrients we want to see less of on food labels</p> <p>Nutrition</p>
<p>Nutrient that gives us energy</p> <p>Nutrition</p>	<p>What you should do just before eating</p> <p>Food Safety</p>

Eating From the Garden Jeopardy

Clue cards

\$200

\$100

\$400

\$300

\$100

\$500

Eating From the Garden Jeopardy

Clue cards

What we should use to wash fresh fruits and vegetables before we eat them

Food Safety

We remove these when we wash fresh fruits and vegetables

Food Safety

Items we should use to clean counters and cutting boards

Food Safety

A method of keeping fruits and vegetables fresh longer

Food Safety

A physical activity that burns calories and encourages you to eat healthfully

Physical Activity

Forms of active play

Physical Activity

Eating From the Garden Jeopardy

Clue cards

\$300

\$200

\$500

\$400

\$200

\$100

Eating From the Garden Jeopardy

Clue cards

<p>Being active helps you achieve this</p> <p>Physical Activity</p>	<p>The number of times your heart beats in a minute</p> <p>Physical Activity</p>
<p>The amount of time you should spend in active play every day</p> <p>Physical Activity</p>	<p>Plants that are good for a school garden</p> <p>Planting</p>
<p>Tools used to prepare soil for planting</p> <p>Planting</p>	<p>This grows into a new plant when placed in the right environment</p> <p>Planting</p>

Eating From the Garden Jeopardy

Clue cards

\$400

\$300

\$100

\$500

\$300

\$200

Eating From the Garden Jeopardy

Clue cards

Planting seeds indoors under “grow lights” and later moving the seedlings inside

Planting

Root vegetables that are planted from seedlings in the spring and harvested in the fall

Planting

Jobs to do after a garden is planted

Garden Care

Decayed dried leaves, fruit and vegetable scraps, other organic matter and water

Garden Care

A plant that is growing where it is not wanted

Garden Care

Removing small seedlings from a garden to make room for others to grow

Garden Care

Eating From the Garden Jeopardy

Clue cards

\$500

\$400

\$200

\$100

\$400

\$300

Eating From the Garden Jeopardy

Clue cards

<p>Removing plants from a garden and working in leaves or compost</p> <p>Garden Care</p>	<p>The part of a plant that absorbs water and nutrients from the soil</p> <p>Plant Science</p>
<p>The process by which plants make their own food from air, water and sunlight</p> <p>Plant Science</p>	<p>The process by which a seed takes in water and swells, and the embryo starts to grow</p> <p>Plant Science</p>
<p>The process by which plants use colors and smells to attract insects and animals to produce the fruit of the plant</p> <p>Plant Science</p>	<p>Animal that helps break down nutrients in the soil</p> <p>Plant Science</p>

Eating From the Garden Jeopardy

Clue cards

\$100

\$500

\$300

\$200

\$500

\$400

Eating From the Garden Jeopardy

Additional cards

**DAILY
DOUBLE**

Colorful foods that give
us lots of vitamins and
minerals and very little
fat, sugar or sodium

FINAL JEOPARDY CLUE

Eating From the Garden Jeopardy

Additional cards

**DAILY
DOUBLE**

FINAL JEOPARDY ANSWER

What are fresh fruits and
vegetables?

Eating From the Garden

A nutrition and gardening program



Eating From the Garden Jeopardy Answer Key

Nutrition

- 100 Fruits, vegetables, grains, protein and dairy (**What are the food groups?**)
- 200 Half of my plate (**How much of my plate should contain fruits and vegetables?**)
- 300 Water, food and air (**What do people and plants need for growth?**)
- 400 Nutrients we want to see less of on food labels (**What are fat, sugar and sodium?**)
- 500 Nutrient that gives us energy (**What is carbohydrate?**)

Food Safety

- 100 What you should do just before eating (**What is wash your hands?**)
- 200 What we should use to wash fresh fruits and vegetables before we eat them (**What are cold water and a scrub brush?**)
- 300 We remove these when we wash fruits and vegetables (**What are dirt, insects and pesticides?**)
- 400 Items we should use to clean counters and cutting boards (**What are soap, water and a sanitizing solution?**)
- 500 A method of keeping fruits and vegetables fresh longer (**What is freezing?**)

Physical Activity

- 100 A physical activity that burns calories and encourages you to eat healthfully (**What is gardening?**)
- 200 Forms of active play (**What are riding a bike and playing sports?**)
- 300 Being active helps you achieve this (**What is a healthy weight?**)
- 400 The number of times your heart beats per minute (**What is your pulse?**)
- 500 The amount of time you should spend in active play every day (**What is 60 minutes?**)

Planting

- 100 Plants that are good for a school garden (**What are radishes, lettuce and other cool-season crops?**)
- 200 Tools used to prepare soil for planting (**What are shovels and rakes?**)
- 300 This grows into a new plant when placed in the right environment (**What is a seed?**)
- 400 Planting seeds indoors under "grow lights" and later moving the seedlings inside (**What is transitioning?**)
- 500 Root vegetables that are planted from seedlings in the spring and harvested in the fall (**What are sweet potatoes?**)

Eating From the Garden

A nutrition and gardening program



Eating From the Garden Jeopardy Answer Key (continued)

Garden Care

- 100 Jobs to do after a garden is planted **(What are watering and weeding?)**
- 200 Decayed dried leaves, fruit and vegetable scraps, other organic matter and water **(What is compost?)**
- 300 A plant that is growing where it is not wanted **(What is a weed?)**
- 400 Removing small seedlings from a garden to make room for others to grow **(What is thinning?)**
- 500 Removing plants from a garden and working in leaves or compost **(What is "putting the garden to bed"?)**

Plant Science

- 100 The part of a plant that absorbs water and nutrients from the soil **(What are roots?)**
- 200 The process by which plants make their own food from air, water and sunlight **(What is photosynthesis?)**
- 300 The process by which a seed takes in water and swells, and the embryo starts to grow **(What is germination?)**
- 400 The process by which plants use colors and smells to attract insects and animals to produce the fruit of the plant **(What is pollination?)**
- 500 Animal that helps break down nutrients in the soil **(What is a worm?)**

Final Jeopardy

Colorful foods that give us lots of vitamins and minerals and very little fat, sugar or sodium **(What are fruits and vegetables?)**