



Wellness Jeopardy



JEOPARDY

Wild Card	Diet and Conditions	Food Groups	Exercise	Nutrition 101
<u>Q \$100</u>	<u>Q \$100</u>	<u>Q \$100</u>	<u>Q \$100</u>	<u>Q \$100</u>
<u>Q \$200</u>	<u>Q \$200</u>	<u>Q \$200</u>	<u>Q \$200</u>	<u>Q \$200</u>
<u>Q \$300</u>	<u>Q \$300</u>	<u>Q \$300</u>	<u>Q \$300</u>	<u>Q \$300</u>
<u>Q \$400</u>	<u>Q \$400</u>	<u>Q \$400</u>	<u>Q \$400</u>	<u>Q \$400</u>
<u>Q \$500</u>	<u>Q \$500</u>	<u>Q \$500</u>	<u>Q \$500</u>	<u>Q \$500</u>

Final Jeopardy

\$100 QUESTION FROM WILD CARD

In this condition, blood sugar levels are controlled with lifestyle changes and/or insulin.



\$100 ANSWER FROM WILD CARD

What is Diabetes?



\$200 QUESTION FROM WILD CARD

Doing relaxation exercises can help you manage this risk factor for heart disease, high blood pressure and diabetes.



\$200 ANSWER FROM WILD CARD

What is Stress?



\$300 QUESTION FROM WILD CARD

The ingredient list on this appears in descending order by weight.



\$300 ANSWER FROM WILD CARD

What is a Food Label?



\$400 QUESTION FROM WILD CARD

A measure of body fat based on height and weight.



\$400 ANSWER FROM WILD CARD

What is BMI (body mass index)?



\$500 QUESTION FROM WILD CARD

Creating a daily to-do list is an example of this technique people often use to increase productivity and to prioritize their work responsibilities.



\$500 ANSWER FROM WILD CARD

What is Time Management?



• \$100 QUESTION FROM DIET AND CONDITIONS

It is recommended to limit this mineral from your diet if you have high blood pressure.



\$100 ANSWER FROM DIET AND CONDITIONS

What is Sodium?



\$200 QUESTION FROM DIET AND CONDITIONS

This type of blood cholesterol is considered healthy, whereas LDL cholesterol is considered “bad” or “lousy”.



\$200 ANSWER FROM DIET AND CONDITIONS

What is HDL?



\$300 QUESTION FROM DIET AND CONDITIONS

This is found in fruit, vegetables, and grains, and can help reduce your risk of heart disease and diabetes.



\$300 ANSWER FROM DIET AND CONDITIONS

What is Fiber?



\$400 QUESTION FROM DIET AND CONDITIONS

This type of fat is produced by a process call hydrogenation and is associated with an increased risk of heart disease.



\$400 ANSWER FROM DIET AND CONDITIONS

What is Trans-fat?



\$500 QUESTION FROM DIET AND CONDITIONS

In this condition, plaque hardens and obstructs the blood supply to the arteries of important organs such as the heart and the brain.



\$500 ANSWER FROM DIET AND CONDITIONS

What is Atherosclerosis?



\$100 QUESTION FROM FOOD GROUPS

This group includes bread, rice, and pasta products and provides you with a quick source of energy.



\$100 ANSWER FROM FOOD GROUPS

What are Grains?



\$200 QUESTION FROM FOOD GROUPS

This food group will help to improve bone health and decrease the risk for osteoporosis.



\$200 ANSWER FROM FOOD GROUPS

What is Dairy?



\$300 QUESTION FROM FOOD GROUPS

These two food groups are a good source of fiber, Vitamin C, potassium and are lower in calories.



\$300 ANSWER FROM FOOD GROUPS

What are Fruits and Vegetables?



\$400 QUESTION FROM FOOD GROUPS

This food group is made up of amino acids and is considered the building blocks of muscle.



\$400 ANSWER FROM FOOD GROUPS

What is Protein?



\$500 QUESTION FROM FOOD GROUPS

This nutrient will keep you full longer and helps with the absorption of certain vitamins.



\$500 ANSWER FROM FOOD GROUPS

What is Dietary Fat?



\$100 QUESTION FROM EXERCISE

These exercises increase your flexibility and decrease your risk for injury.



\$100 ANSWER FROM EXERCISE

What are Stretching Exercises?



\$200 QUESTION FROM EXERCISE

This is the minimum weekly recommendation for aerobic exercise, in minutes.



\$200 ANSWER FROM EXERCISE

What is 150 minutes.



\$300 QUESTION FROM EXERCISE

This term is used to describe the group of muscles that comprise your abdominals, back and hips.



\$300 ANSWER FROM EXERCISE

What is your Core?



\$400 QUESTION FROM EXERCISE

The purpose of this exercise is to increase the tone, endurance and size of the muscle.



\$400 ANSWER FROM EXERCISE

What is Strength Training?



\$500 QUESTION FROM EXERCISE

This style of exercise combines strength training, flexibility, and aerobic exercises on different days of the week to work various muscle groups.



\$500 ANSWER FROM EXERCISE

What is Cross Training?



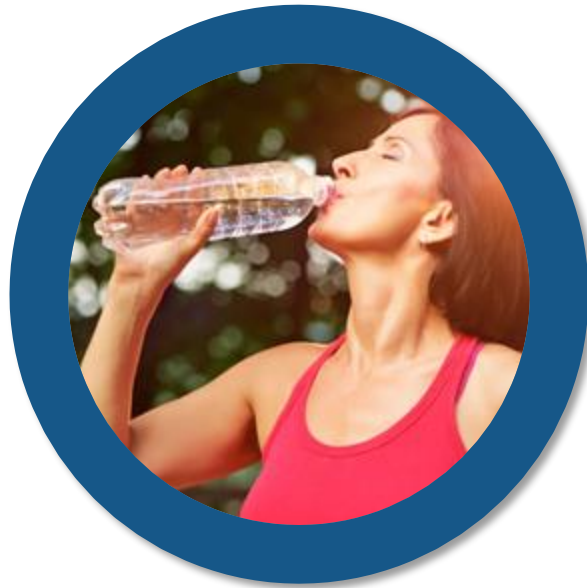
\$100 QUESTION FROM NUTRITION 101

This beverage provides zero calories and is the best way to stay hydrated.



\$100 ANSWER FROM NUTRITION 101

What is Water?



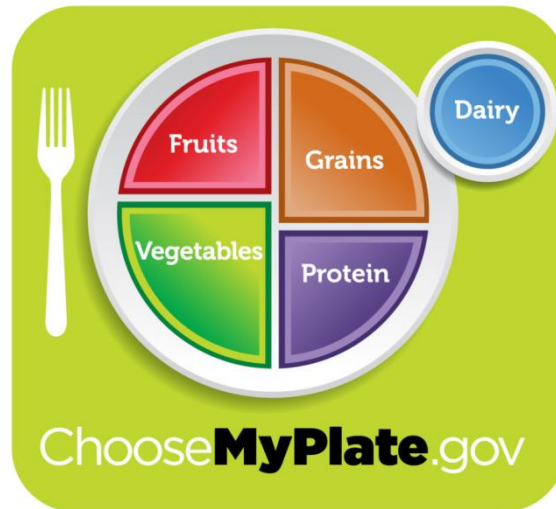
\$200 QUESTION FROM NUTRITION 101

This icon, which replaced the old Food Guide Pyramid, encourages consumers to think about building a healthy plate at meal times.



\$200 ANSWER FROM NUTRITION 101

What is MyPlate?



\$300 QUESTION FROM NUTRITION 101

This is the calorie deficit that would be needed to lose one pound of body weight.



\$300 ANSWER FROM NUTRITION 101

What is 3500 calories?



\$400 QUESTION FROM NUTRITION 101

This tool will help you rate your appetite level using a scale from 0 to 10.



\$400 ANSWER FROM NUTRITION 101

What is the Hunger Scale?



\$500 QUESTION FROM NUTRITION 101

Some techniques to this style of eating include: plating your food, eating at the table, and avoiding outside interruptions while eating.



\$500 ANSWER FROM NUTRITION 101

What is Mindful Eating?



FINAL JEOPARDY

This commonly mispronounced plant based food is a complete protein, contains all nine essential amino acids and has a subtle nutty taste.



FINAL JEOPARDY ANSWER

What is Quinoa?

