

Mooooooo Low-Fat Dairy Jeopardy

Adults/Seniors 2013

- **Who is this for?**
 - Both adults and seniors!
- **Why is this a good idea?**
 - Eating and drinking low fat dairy products are important for bone health.
- **Items Needed:**
 - Print-out the dairy jeopardy template for all participants.
 - Print-out the question/answer and physical activity key sheet (only 1 for instructor).
- **Objective:**
 - Adults and seniors participating in a fun physical activity game of jeopardy while learning the benefits and fun facts of eating and drinking low fat dairy products.
- **Instructions:**
 - Participants would receive a copy of the dairy jeopardy game template and not the answer key sheet. The instructor is responsible for introducing the game, reading the categories, reading the questions and judging the answers. Answers are only to be shown to the instructor and are found on the answer key sheet. The participants would raise their hands to call out a category and a number that has not been called on, for example “Dairy Benefits for 100”. The instructor would ask the question and the person who answers the question raises their hands and responds with a question such as “What is” along with the answer. Participants have a chance to steal if it is answered wrong. The instructor provides the correct answer and then encourages participants to participate in the physical activity that is listed under the category that was chosen (e.g. **D-Cheese** - march in place for 5 seconds). The game is completed when all of the topics and numbers have been chosen.
- **Nutrition Lesson Plan:**
 - **Adults:** Switch to fat-free or low-fat (1%) dairy foods to help maintain healthy blood pressure, manage weight, and maintain better bones. Try fat-free or low-fat (1%) dairy foods for all of the vitamins and minerals without all the fat.
 - **Seniors:** Your health has always been important to you and you are focused on it now more than ever. It’s time to choose foods wisely and take care of you. Be a healthy you, switch to fat-free or low-fat (1%) dairy foods.



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MOOOOOOO Dairy Jeopardy!!!

DAIRY PRODUCTS	HEALTH BENEFITS	KINDS OF MILK	DAIRY 101
100	100	100	100
200	200	200	200
300	300	300	300
400	400	400	400

Question/Answer/Physical Activity Key Sheet

Dairy Products	Health Benefits	Kinds of Milk	Dairy 101
100	100	100	100
Question: What dairy beverage should we drink every day	Question: Dairy products have what vitamins in them?	Question: What percent of milk should we drink every day?	Question: Milk comes from what animal?
Answer: Low fat milk	Answer: Vitamin D and calcium	Answer: Fat free or 1 percent milk	Answer: Cows
Physical Activity: Balance on one foot for 5 seconds	Physical Activity: Walk toe to toe for 5 seconds	Physical Activity: March in place for 5 seconds	Physical Activity: Do Perform 5 jumping jacks
200	200	200	200
Question: Name another dairy product besides milk.	Question: Dairy products strengthened what part in our bodies?	Question: Whole or vitamin D milk is the healthiest for you to drink?	Question: How many cups of milk should we drink each day?
Answer: Cheese, cottage cheese or yogurt	Answer: Bones and teeth	Answer: False	Answer: 3
Physical Activity: Bend and touch your toes 3 times	Physical Activity: Perform forward arm circles for 10 seconds	Physical Activity: Roll both ankles on at a time for 10 seconds each	Physical Activity: Dance for 10 seconds
300	300	300	300
Question: Non-fat or low fat yogurt is the best choice to choose?	Question: Dairy products can help prevent what bone disease later in life?	Question: Two percent milk has less fat than 1 percent milk?	Question: Vitamin D milk also known as whole milk has the highest amount of fat content compared to all other milks?
Answer: True	Answer: Osteoporosis	Answer: False	Answer: True
Physical Activity: Circle hips around for 5 seconds	Physical Activity: Roll both wrists for 10 seconds	Physical Activity: Close both eyes and try to balance on one foot	Physical Activity: Hop on one foot 5 times
400	400	400	400
Question: Low fat cheese and crackers count as a serving of dairy?	Question: Dairy products are not part of a balanced meal?	Question: Grocery stores provide lactose free dairy products.	Question: You can make a low fat yogurt smoothie to count as a dairy serving for the day?
Answer: True	Answer: False	Answer: True	Answer: True
Physical Activity: Stretch to the left and right	Physical Activity: Look left and right 6 times	Physical Activity: Extend up on toes (tiptoes) 10 times	Physical Activity: Lift each knee up 5 times