

# Philadelphia Ujima™

## Nutrition and Health Quizzo

This is a group activity where participants test their nutrition and fitness knowledge. This game was designed for middle-school aged children or older, but can be modified for older or younger audiences by making the questions harder or easier.

### Directions:

1. Split the group into small teams; there can be no outside sources of information used (can't use internet, books, etc). Teams can only use their collective knowledge (or guesses) to answer the questions.
2. Give each team an answer sheet. Read each question out loud. Give each team about 30 seconds- 1 minute to write down an answer to each question.
3. At the end of the game collect the answer sheets. Whichever team has the most correct answers wins the game!



## **Round 1: Obesity Facts**

Q1: What body measurement is most used to define obesity?

**A: Body Mass Index (BMI)→ may also accept “Height AND Weight”**

Q2: Being overweight can increase the risk for development of what disease? Name 2.

**A: Multiple answers: Heart Disease, Type II Diabetes, Hypertension, certain Cancers, Arthritis, etc.**

Q3: Other than eating too many calories, name another reason why people are overweight?

**A: Genetics, metabolism, low activity/sedentary lifestyle, etc.**

Q4: In addition to diet and exercise, how can someone lose weight without turning to medication or surgery?

**A: Reduce stress, build self esteem, and/or alter attitudes towards food and eating, getting enough sleep and drinking enough water**

Q5: Is obesity more common in men or women?

**A: Women**

## **Round 2: Exercise and Health**

Q1: How much exercise is recommended for adults per week?

**A: 30 minutes 5 times/week**

Q2: How much exercise is recommended for children per week?

**A: 60 minutes/ day**

Q3: Name one non-contact aerobic sport played in teams?

**A: Cross Country Track, Tennis, Volleyball, etc**

Q4: Exercise can improve your mood by causing your brain to release what chemical?

**A: Endorphins**



Q5: Name an alternative to sports that is still moderate exercise.

**A: raking leaves, playing at a playground, cleaning your room, riding your bike to school, washing the car, dancing, etc.**

### **Round 3: Healthy Diet**

Q1: Current research shows that children tend to get what portion of their daily calories from snacks instead of meals: 1/4, 1/2, or 1/3?

**A: 1/3**

Q2: Name one food that can lower the risk of heart disease because it has Antioxidants.

**A: Blueberries, green tea, dark chocolate (cocoa), pomegranate, raisins, etc**

Q3: What nutrient in Milk is important for healthy bone growth, especially in people under 20 years of age?

**A: Calcium**

Q4: Name one food that can help lower cholesterol.

**A: Soy milk, edamame, whole grains, tea, fruit, oatmeal, almonds, etc.**

Q5: In addition to being high in calories, name one other reason why soda is bad for your health?

**A: tooth decay; impairs bone growth increasing children's risk for breaks**

### **Round 4: Whoa Foods**

Q1: Fried foods are unhealthy because they have a high content of what?

**A: Fats**

Q2: True or False: Diet soda has a sugar substitute instead of real sugar so drinking it will help you lose weight.

**A: False; diet soda can actually make you gain weight**

Q3: How many calories per day should an active adult have?

**A: about 2000**

Q4: How many calories are in a McDonald's double cheeseburger alone?

**A: 500**



Q5: Cholesterol, a molecule found in food that is also made by the body, can build up and start to block blood flow in arteries and veins. At what age does Cholesterol start to build up?

**A: as early as 15-20 yrs old**

**Round 5: Myth Busters- True or False?**

Q1: Eating a lot of sugar causes Diabetes.

**A: False; Diabetes is associated with being overweight, an inactive lifestyle, and high calorie diets**

Q2: There are good and bad cholesterol.

**A: True; HDL is “good” and LDL is “bad”**

Q3: A person should not eat food with fats at all.

**A: False; we need fats just not a lot**

Q4: Diet soda is not bad for you, only regular soda.

**A: False; it still has artificial sweeteners that may increase risk of illnesses, and studies show that drinking a lot of soda (diet or otherwise) can still lead to obesity**

Q5: Eating one or two meals a day is a good way to lose weight.

**A: False; you should have approximately 4 SMALL meals a day; skipping meals only leads to overeating at the next one**



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## Nutrition and Health Quizzo Answer Sheet

Round 1 Answers:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Round 2 Answers:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Round 3 Answers:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



Round 4 Answers:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Round 5 Answers:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

