Wellness Jeopardy
## JEOPARDY

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<th>Wild Card</th>
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<th>Food Groups</th>
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**Final Jeopardy**
In this condition, blood sugar levels are controlled with lifestyle changes and/or insulin.
What is Diabetes?
Doing relaxation exercises can help you manage this risk factor for heart disease, high blood pressure and diabetes.
What is Stress?
The ingredient list on this appears in descending order by weight.
What is a Food Label?
A measure of body fat based on height and weight.
What is BMI (body mass index)?
Creating a daily to-do list is an example of this technique people often use to increase productivity and to prioritize their work responsibilities.
What is Time Management?
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?
This type of blood cholesterol is considered healthy, whereas LDL cholesterol is considered “bad” or “lousy”.
What is HDL?
This is found in fruit, vegetables, and grains, and can help reduce your risk of heart disease and diabetes.
What is Fiber?
This type of fat is produced by a process called hydrogenation and is associated with an increased risk of heart disease.
What is Trans-fat?
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.
What are Grains?
This food group will help to improve bone health and decrease the risk for osteoporosis.
What is Dairy?
These two food groups are a good source of fiber, Vitamin C, potassium and are lower in calories.
What are Fruits and Vegetables?
This food group is made up of amino acids and is considered the building blocks of muscle.
What is Protein?
This nutrient will keep you full longer and helps with the absorption of certain vitamins.
What is Dietary Fat?
These exercises increase your flexibility and decrease your risk for injury.
What are Stretching Exercises?
This is the minimum weekly recommendation for aerobic exercise, in minutes.
What is 150 minutes.
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?
The purpose of this exercise is to increase the tone, endurance and size of the muscle.
What is Strength Training?
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.
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.
What is MyPlate?
This is the calorie deficit that would be needed to lose one pound of body weight.
What is 3500 calories?
This tool will help you rate your appetite level using a scale from 0 to 10.
What is the Hunger Scale?
Some techniques to this style of eating include: plating your food, eating at the table, and avoiding outside interruptions while eating.
What is Mindful Eating?
This commonly mispronounced plant based food is a complete protein, contains all nine essential amino acids and has a subtle nutty taste.
What is Quinoa?