

# Milk Group Jeopardy

**Objective:**

- Students will be able to identify different calcium-rich foods in the milk group.

Copy the table below on the chalkboard.

Foods made with milk ingredients	Healthy snacks	Different kinds of milk	Different kinds of cheese
10	10	10	10
20	20	20	20
30	30	30	30
40	40	40	40

**Activity:**

1. Divide students into two teams by counting off milk, cheese, milk, cheese, etc. Each team will have a captain chosen by the teacher. The captain will be in charge of giving the answer for the team and the teacher will keep score. This will help with game management.
2. The main rule of the game is that the team members have to work together to choose the category and answer the question. If one team gives a wrong answer, the other team gets a chance to answer the question for the points. If neither team gets the correct answer, the teacher gives the correct answer and no team is awarded any points.
3. The other rules are just like Jeopardy in that one team chooses a category and amount. The teacher reads the questions and the team answers. If the team answers correctly, it gets the points allocated for that question.

**Extend the Activity:**

**Language Arts:** Have the students write additional questions for the next time they play. They can also make a set of questions to take home to play with their families.



*Continued on back*

## Jeopardy Game Questions

### Foods made with milk ingredients:

- 10 – What is made with milk, yogurt, and fruit blended together? (Smoothie)
- 20 – This is a favorite twosome-it has pasta and what type of milk product? (Macaroni and cheese)
- 30 – A slice of this has a crust with tomato sauce and cheese sprinkled on top. (Pizza)
- 40 – This food has a crunchy shell and comes with lettuce, meat or beans and cheese. (Taco)

### Healthy Snacks:

- 10 – What is a snack that sometimes is eaten with crackers or fruit? (Cheese)
- 20 – Sometimes this snack comes plain or sometimes it has a fruit flavor or contains fruit. (Yogurt)
- 30 – Often used to dunk a graham cracker for a refreshing treat. (Milk)
- 40 – This is a creamy dish with fresh fruit and granola. (Yogurt parfait)

### Different kinds of Milk:

- 10 –This kind of milk is pink and fruity. (Strawberry)
- 20 –This kind of milk is often served warm with marshmallows. (Chocolate)
- 30 – This kind of milk has no fat. (fat-free or skim)
- 40 – This kind of milk is often consumed by people who have trouble digesting the natural sugar in milk, lactose. (Lactose-Free Milk, Lactaid)

### Kinds of Cheese:

- 10 – This cheese is healthy and you can “string along.” (String Cheese)
- 20 – This cheese is most often used on cheeseburgers. (American)
- 30 – This is a stringy kind that is low-fat and good. (Mozzarella)
- 40 – This cheese is full of holes and its name is European. (Swiss)



*Go low-fat or fat-free when you choose milk, yogurt, and other milk products.  
Get 3 cups every day!  
(for kids aged 2 to 8, it's 2 cups)*

**Ask your BASICS Nutrition Educator about incentive items or stickers to accompany this lesson.**