

INTERACTIVE EXERCISE

By using a gamified approach, this interactive exercise provides students with information about all aspects of Farm to School including where food comes from, what a body needs to stay healthy, and how foods get from a farm to their school.

FARM TO SCHOOL JEOPARDY

The Jeopardy board categories will mirror the MyPlate food groups. Breaking up into three teams, students will take turns choosing a category and point amount, answering questions about the selected food group.

Using knowledge gained from the Jeopardy game, students will design a MyPlate poster that represents the journey of foods through the people that process, deliver, cook and serve them. The posters will hang in the cafeteria where other students can see them and choose their favorite.

Purpose: To provide awareness about the different food groups including what foods are healthy for your body, to connect students to food sources, and begin to create informed Farm to School ambassadors.

Pre-assessment Questions:

- What are the different food groups?

Discussion Questions:

- How can we connect others to their foods?
- What is one thing you didn't know that you do now?

Facilitator Tip:

- Be flexible as most students' answers will vary.

More resources:

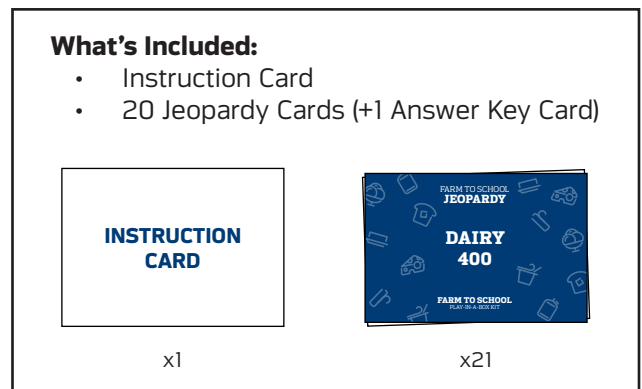
- MyPlate.gov
- Local Dairy Council
- USDA Farm to School toolkit

Optional Homework Assignments

- Refrigerator Inventory: Make an appointment with the school cafeteria staff to go check out the school refrigerator. Write down items you see and where they come from. Determine how much of the food is locally sourced.
- Food Journal: Have students record what they eat and where it comes from for a week. At the end of the week, students can share their food journals.

Answer Key:

Fruits – 100 Farmers, regular citizens	Vegetables – 100 Answers will vary	Protein – 100 Answers will vary	Grains – 100 Between 2-8 months	Dairy – 100 Dairy farmer
Fruits – 200 Answers will vary	Vegetables – 200 Answers will vary	Protein – 200 By truck	Grains – 200 Rice	Dairy – 200 48-72 hours
Fruits – 300 Bananas	Vegetables – 300 Answers will vary	Protein – 300 Answers will vary	Grains – 300 Processing	Dairy – 300 Answers will vary
Fruits – 400 1-2 cups	Vegetables – 400 1/4 of your plate	Protein – 400 Between 2-6.5 ounces	Grains – 400 3-8 ounces	Dairy – 400 Between 2-3 cups



Farm to School Jeopardy – Instruction Card

Overview: The goal is to provide students with information about all aspects of farm to school including where food comes from, what a body needs to stay healthy, and how foods get from a farm to their school. Utilizing a gamified approach, students will play a version of Jeopardy. The Jeopardy board categories will mirror the MyPlate food groups. Breaking up into teams, students will take turns choosing a category and dollar amount level then answering a multiple-choice question about the food group.

Using knowledge gained from the Jeopardy game, students will design a MyPlate food poster that represents the journey of foods through the people that process, deliver, cook and serve them. The posters will hang in the cafeteria where other students can see them and choose their favorite.

Directions – Part 1: Farm to School Jeopardy

- Set up the Jeopardy cards face down by category, in numerical order.
- Divide students into three teams.
- Each team will take turns choosing a card, including the point amount (“Fruits for 200”).
- The facilitator will flip over the card and read the question.
- The team will have a chance to answer the question. If they answer it correctly, the team will receive the number of points that is on the back of the card. If the team answers the question incorrectly, then they receive no points.
- The teams will take turns answering questions until there are no more cards left.
- The answer key is in the Educator’s Guide.

Directions – Part 2: Poster Design

- Students will take the facts that they learned from the Jeopardy game to create posters that represent the farm to school journey for each category.
- Display the posters in the school cafeteria.

Directions – Part 3: Reflection and Discussion

- Students will come together for reflection to discuss what they learned and what the next steps can be in their efforts to encourage the school community to choose fresh, locally grown foods and educate others about the journey food takes to get to their cafeteria and the people that help get it there.

What’s Included:

- This Instruction Card
- 20 Jeopardy Cards (+1 Answer Key Card)
- 15 Blank Poster Sheets



x1




x21



x15



FARM TO SCHOOL JEOPARDY
INSTRUCTION CARD

The background is a solid red color with various white line-art icons of fruits scattered around the edges. These include an apple, a slice of watermelon, a strawberry, a bunch of grapes, a kiwi, and a banana.

These people grow fruit
for the world.



FARM TO SCHOOL
JEOPARDY

FRUITS
100

FARM TO SCHOOL
PLAY-IN-A-BOX KIT

The background is a solid red color with various white line-art icons of fruits scattered around the edges. These include an apple, a slice of watermelon, a strawberry, a bunch of grapes, a kiwi, and a banana.


These three fruits are
grown locally.

The background is a solid red color with various white line-art icons of fruits scattered throughout. These include a pineapple, a watermelon slice, an apple, a bunch of bananas, a peach, a bunch of grapes, and several oranges. The icons are positioned around the central text, creating a decorative border.

FARM TO SCHOOL
JEOPARDY

FRUITS
200

FARM TO SCHOOL
PLAY-IN-A-BOX KIT

The background is a solid red color with various white line-art icons of fruits scattered around the edges. These include an apple, a slice of watermelon, a strawberry, a bunch of grapes, a kiwi, and a banana.


This fruit is the
most popular (most
purchased) fruit in the
world.

The background is a solid red color with various white line-art icons of fruits scattered throughout, including apples, bananas, grapes, and slices of watermelon.

FARM TO SCHOOL
JEOPARDY

FRUITS
300

FARM TO SCHOOL
PLAY-IN-A-BOX KIT

The background is a solid red color with various white line-art icons of fruits scattered around the edges. These include an apple, a slice of watermelon, a strawberry, a bunch of grapes, a kiwi, and a banana.


This is the daily
recommended serving
size for fruits.

The background is a solid red color with various white line-art icons of fruits scattered throughout. These include a pineapple, a watermelon slice, an apple, a bunch of bananas, a peach, a bunch of grapes, and several oranges. The icons are positioned around the central text, creating a border-like effect.

FARM TO SCHOOL
JEOPARDY

FRUITS
400

FARM TO SCHOOL
PLAY-IN-A-BOX KIT

The background is a solid light green color. It is decorated with several faint, white line-art icons of various vegetables, including leafy greens, a carrot, and a tomato, scattered across the surface. A large white rectangular box is centered on the page, containing the text.


This is a vegetable that
is grown locally.

The background is a solid green color with a pattern of white line-art icons for various vegetables, including carrots, tomatoes, leafy greens, and bell peppers, scattered across the page.

FARM TO SCHOOL
JEOPARDY

VEGETABLES
100

FARM TO SCHOOL
PLAY-IN-A-BOX KIT


The background is a solid light green color. It is decorated with several faint, white line-art icons of various vegetables, including leafy greens, a carrot, and a tomato, scattered around the edges. A large white rectangle is centered on the page, containing the text.

You can get fresh local
vegetables from this
location.

FARM TO SCHOOL
JEOPARDY

VEGETABLES
200

FARM TO SCHOOL
PLAY-IN-A-BOX KIT

The background is a solid light green color. It is decorated with several faint, white line-art icons of various vegetables, including leafy greens, a carrot, and a bell pepper, scattered around the edges. A large white rectangular box is centered on the page, containing the text.

These three vegetables
come in a variety of
colors.

FARM TO SCHOOL
JEOPARDY

VEGETABLES
300

FARM TO SCHOOL
PLAY-IN-A-BOX KIT

This is the percentage
of your plate that
should consist of
vegetables.

The background is a solid green color with a pattern of white line-art icons for various vegetables, including carrots, tomatoes, leafy greens, and bell peppers, scattered across the page.

FARM TO SCHOOL
JEOPARDY

VEGETABLES
400

FARM TO SCHOOL
PLAY-IN-A-BOX KIT


This person cooks the
meals in the school
cafeteria.



FARM TO SCHOOL
JEOPARDY

PROTEIN
100

FARM TO SCHOOL
PLAY-IN-A-BOX KIT

The background is a solid purple color with a repeating pattern of white line-art icons representing various food items, including burgers, hot dogs, and other fast-food items. The icons are scattered across the background, some partially visible at the edges.

This is how most US
food is transported.



FARM TO SCHOOL
JEOPARDY

PROTEIN
200

FARM TO SCHOOL
PLAY-IN-A-BOX KIT



These are four different sources of protein.



FARM TO SCHOOL
JEOPARDY

PROTEIN
300

FARM TO SCHOOL
PLAY-IN-A-BOX KIT

This is the
recommended daily
serving size for protein.



FARM TO SCHOOL
JEOPARDY

PROTEIN
400

FARM TO SCHOOL
PLAY-IN-A-BOX KIT

This is the average time
it takes to grow grains.

This is the most
common grain (a staple
food) in the world.



FARM TO SCHOOL
JEOPARDY

GRAINS
200

FARM TO SCHOOL
PLAY-IN-A-BOX KIT

Out of the following, this is the third part of the process for getting grains from Farm to School:

Processing
Cultivation
Planting
Distribution



FARM TO SCHOOL
JEOPARDY

GRAINS
300

FARM TO SCHOOL
PLAY-IN-A-BOX KIT

This is the daily
recommended serving
size for grains.



FARM TO SCHOOL
JEOPARDY

GRAINS
400

FARM TO SCHOOL
PLAY-IN-A-BOX KIT

This person helps
produce dairy.



FARM TO SCHOOL
JEOPARDY

DAIRY
100

FARM TO SCHOOL
PLAY-IN-A-BOX KIT

This is the average time
it takes for milk to get
from the farm to the
store.



FARM TO SCHOOL
JEOPARDY

DAIRY
200

FARM TO SCHOOL
PLAY-IN-A-BOX KIT

These are the different
flavors of milk offered
in school cafeterias.



FARM TO SCHOOL
JEOPARDY

DAIRY
300

FARM TO SCHOOL
PLAY-IN-A-BOX KIT

This is the
recommended daily
serving size for dairy.



FARM TO SCHOOL
JEOPARDY

DAIRY
400

FARM TO SCHOOL
PLAY-IN-A-BOX KIT

ANSWER KEY:

Fruits – 100

Farmers, regular
citizens

Fruits – 200

Answers will vary

Fruits – 300

Bananas

Fruits – 400

1-2 cups

Vegetables – 100

Answers will vary

Vegetables – 200

Answers will vary

Vegetables – 300

Answers will vary

Vegetables – 400

1/4 of your plate

Protein – 100

Answers will vary

Protein – 200

By truck

Protein – 300

Answers will vary

Protein – 400

Between 2-6.5
ounces

Grains – 100

Between 2-8 months

Grains – 200

Rice

Grains – 300

Processing

Grains – 400

3-8 ounces

Dairy – 100

Dairy farmer

Dairy – 200

48-72 hours

Dairy – 300

Answers will vary

Dairy – 400

Between 2-3 cups

The background features four vertical stripes in lime green, red, purple, and blue. Scattered across these stripes are various food-related icons in white and light colors, including bananas, a carton of milk, a chicken drumstick, a slice of pizza, a bowl of grapes, a broccoli, a carrot, a kiwi, a slice of watermelon, and a slice of bread.

FARM TO SCHOOL
JEOPARDY

**ANSWER
KEY**

FARM TO SCHOOL
PLAY-IN-A-BOX KIT