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:

<table>
<thead>
<tr>
<th>Fruits</th>
<th>100</th>
<th>Farmers, regular citizens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits</td>
<td>200</td>
<td>Answers will vary</td>
</tr>
<tr>
<td>Fruits</td>
<td>300</td>
<td>Bananas</td>
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<tr>
<td>Fruits</td>
<td>400</td>
<td>1-2 cups</td>
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<tr>
<td>Vegetables</td>
<td>100</td>
<td>Answers will vary</td>
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<tr>
<td>Vegetables</td>
<td>400</td>
<td>1/4 of your plate</td>
</tr>
<tr>
<td>Protein</td>
<td>100</td>
<td>Answers will vary</td>
</tr>
<tr>
<td>Protein</td>
<td>200</td>
<td>By truck</td>
</tr>
<tr>
<td>Protein</td>
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<td>Answers will vary</td>
</tr>
<tr>
<td>Protein</td>
<td>400</td>
<td>Between 2-6.5 ounces</td>
</tr>
<tr>
<td>Grains</td>
<td>100</td>
<td>Between 2-8 months</td>
</tr>
<tr>
<td>Grains</td>
<td>200</td>
<td>Rice</td>
</tr>
<tr>
<td>Grains</td>
<td>300</td>
<td>Processing</td>
</tr>
<tr>
<td>Grains</td>
<td>400</td>
<td>3-8 ounces</td>
</tr>
<tr>
<td>Dairy</td>
<td>100</td>
<td>Dairy farmer</td>
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<tr>
<td>Dairy</td>
<td>200</td>
<td>48-72 hours</td>
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<td>Dairy</td>
<td>300</td>
<td>Answers will vary</td>
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<tr>
<td>Dairy</td>
<td>400</td>
<td>Between 2-3 cups</td>
</tr>
</tbody>
</table>
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
These people grow fruit for the world.
FARM TO SCHOOL
JEOPARDY
FRUITS
100
FARM TO SCHOOL
PLAY-IN-A-BOX KIT
These three fruits are grown locally.
FARM TO SCHOOL
JEOPARDY

FRUITS
200

FARM TO SCHOOL
PLAY-IN-A-BOX KIT
This fruit is the most popular (most purchased) fruit in the world.
This is the daily recommended serving size for fruits.
FARM TO SCHOOL
JEOPARDY

FRUITS
400

FARM TO SCHOOL
PLAY-IN-A-BOX KIT
This is a vegetable that is grown locally.
FARM TO SCHOOL
JEOPARDY

VEGETABLES
100

FARM TO SCHOOL
PLAY-IN-A-BOX KIT
You can get fresh local vegetables from this location.
FARM TO SCHOOL
JEOPARDY

VEGETABLES
200

FARM TO SCHOOL
PLAY-IN-A-BOX KIT
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.
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
This is how most US food is transported.
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
JAVA
PROTEIN
400
FARM TO SCHOOL
PLAY-IN-A-BOX KIT
This is the average time it takes to grow grains.
FARM TO SCHOOL
JEOPARDY

GRAINS

100

FARM TO SCHOOL
PLAY-IN-A-BOX KIT
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.
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.
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.
<table>
<thead>
<tr>
<th>Category</th>
<th>100 Answer</th>
<th>200 Answer</th>
<th>300 Answer</th>
<th>400 Answer</th>
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<tr>
<td>Fruits</td>
<td>Farmers, regular citizens</td>
<td>Answers will vary</td>
<td>Bananas</td>
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FARM TO SCHOOL
JEOPARDY

ANSWER KEY

FARM TO SCHOOL
PLAY-IN-A-BOX KIT