WIN the Rockies Jeopardy
Answers and Questions

Round 4

Let’s Get Physical

100  Physical activity where you place one foot in front of the other and move forward.
    What is walking? (or jogging, running, skipping)

200  A low-cost beverage that is important to drink while being physically active.
    What is water?

300  Of these three, the activity with the lowest intensity level. (basketball, card games, snow boarding)
    What is playing card games?

400  This organ exchanges air and benefits from activities that increase your breathing rate.
    What are the lungs?

500  The axel, lutz, loop and salchow are types of jumps in this icy sport.
    What is ice skating or figure skating?

Eat Well and Enjoy

100  Food group in MyPlate that this food fits into.
    What is the vegetable group?

200  On average, every American drinks 56 gallons per year of this sugared beverage.¹
    What is pop or soda?

300  Calcium-rich beverage that comes as whole, 2%, 1% or low-fat, and skim or non-fat.
    What is milk?

400  The part of the whole piece of fruit that has much of the fiber.
    What is the peel or skin?

500  Number of sugar cubes in a 12-ounce can of soda.²
    What are 12?

Every BODY is Different

100  This toy gives us a fantasy image of a man’s body.
    What is G.I. Joe™?

200  **DAILY DOUBLE** These fast-growing farm animals gain 2 to 3 pounds a day up to 1,000 pounds. They often live in a sty.³
    What are pigs or hogs?

300  Shopping building with many stores that often use slim or thin body types in displays or posters.
    What is a mall?

400  Two of the many types of media that use unrealistic body images to sell products.
    What are magazines, radio, television, newspapers or ????
This word means to judge someone based on stereotypes – before you get to know them.

*What is prejudice?*

**My Choice**

100 A physical activity I could teach to others.

*What is:*
- basketball
- four-square
- kickball
- jump rope
- or ???

200 A food I can make for my family to eat.

*What is:*
- a cheese sandwich
- a fruit smoothie
- a vegetable and dip tray
- or ???

300 One good thing about being taller than average.

*What is:*
- you can see in a crowd
- you can reach high shelves
- or ???

400 A sign my body gives me when I am full.

*What is:*
- my stomach feels full
- I feel relaxed
- I feel sleepy
- clothes around my waist feel tighter
- or ???

500 One way I can include more kids in recess activities.

*What is:*
- ask them to play
- choose games where everyone can play
- learn games others like to play
- or ???

**Final Jeopardy – Category Eat Well and Enjoy**

Of these three, the beverage with the least amount of sugar. (fruit-flavored drinks like kool-aid, soda pop, milk)

*What is milk?*

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