

# Teen Adventure Camp Jeopardy

Calories in Food	Physical Activity--How Many Calories Do You Burn?	Grams of Carb Counting	Portion Distortion	Anything Goes
<u>\$100</u>	<u>\$100</u>	<u>\$100</u>	<u>\$100</u>	<u>\$100</u>
<u>\$200</u>	<u>\$200</u>	<u>\$200</u>	<u>\$200</u>	<u>\$200</u>
<u>\$300</u>	<u>\$300</u>	<u>\$300</u>	<u>\$300</u>	<u>\$300</u>
<u>\$400</u>	<u>\$400</u>	<u>\$400</u>	<u>\$400</u>	<u>\$400</u>
<u>\$500</u>	<u>\$500</u>	<u>\$500</u>	<u>\$500</u>	<u>\$500</u>

FINAL ROUND



Calories in Food:  
\$100 Question

How many calories are in a grande  
Starbucks Caramel Frappuccino?

350 calories

410 calories

230 calories

500 calories

ANSWER

BACK TO GAME

Calories in Food:

\$100 Answer

How many calories are in a grande  
Starbucks Caramel Frappuccino?

350 calories

**410 calories**

230 calories

500 calories

BACK TO GAME

Calories in Food :  
\$200 Question

How many calories are in a medium Mcdonald's fry?

520 calories

785 calories

230 calories

340 calories

ANSWER

BACK TO GAME

Calories in Food :

\$200 Answer

How many calories are in a medium Mcdonald's fry?

520 calories

785 calories

230 calories

**340 calories**

BACK TO GAME

Calories in Food :  
\$300 Question

How many calories are in a Dominos slice of pepperoni pizza?

375 calories

400 calories

215 calories

510 calories

ANSWER

BACK TO GAME

Calories in Food :

\$300 Answer

How many calories are in a Dominos slice of pepperoni pizza?

375 calories

400 calories

**215 calories**

510 calories

BACK TO GAME



Calories in Food :  
\$400 Question

How many calories are in a McDonald's  
Crispy Snack Wrap?

350

200

145

500

ANSWER

BACK TO GAME

Calories in Food :

\$400 Answer

How many calories are in a McDonald's  
Crispy Snack Wrap?

350

200

145

500

BACK TO GAME

Calories in Food :  
\$500 Question

How many calories are in a Grilled Chicken Caesar Salad from Panera?

230

265

529

406

ANSWER

BACK TO GAME

Calories in Food:

\$500 Answer

How many calories are in a Grilled Chicken Caesar Salad from Panera?

230

265

529

406

BACK TO GAME

Physical Activity--How Many Calories Do You Burn?:  
\$100 Question

How many calories would you burn  
running 30 minutes at a 5 m.p.h. pace?

217

613

407

305

ANSWER

BACK TO GAME

Physical Activity--How Many Calories Do You Burn?:

\$100 Answer

How many calories would you burn  
running 30 minutes at a 5 m.p.h. pace?

217

613

407

305

BACK TO GAME

Physical Activity--How Many Calories Do You Burn?:  
\$200 Question

How many calories would you burn playing soccer for 1 hour?

432

630

298

381

ANSWER

BACK TO GAME

## Physical Activity--How Many Calories Do You Burn?:

\$200 Answer

How many calories would you burn playing soccer for 1 hour?

432

630

298

381

BACK TO GAME



Physical Activity--How Many Calories Do You Burn? :  
\$300 Question

How many calories would you burn playing video games for 2 hours?

35

144

78

209

ANSWER

BACK TO GAME

Physical Activity--How Many Calories Do You Burn?:  
\$300 Answer

How many calories would you burn playing video games for 2 hours?

35

144

78

209

BACK TO GAME

Physical Activity--How Many Calories Do You Burn?:  
\$400 Question

How many calories would you burn  
swimming for 30 minutes?

108

267

95

304

ANSWER

BACK TO GAME

Physical Activity--How Many Calories Do You Burn?:  
\$400 Answer

How many calories would you burn  
swimming for 30 minutes?

108

267

95

304

BACK TO GAME

Physical Activity--How Many Calories Do You Burn?:  
\$500 Question

How many calories would you burn in a  
45-minute Zumba class?

510

360

250

480

ANSWER

BACK TO GAME

Physical Activity--How Many Calories Do You Burn?:

\$500 Answer

How many calories would you burn in a 45-minute Zumba class?

510

360

250

480

BACK TO GAME

Grams of Carb Counting :  
\$100 Question

A Juicy-Juice juice box is how many grams of carbs?

30

7

15

0

ANSWER

BACK TO GAME

Grams of Carb Counting:  
\$100 Answer

A Juicy-Juice juice box is how many  
grams of carbs?

30

7

15

0

BACK TO GAME



Grams of Carb Counting :  
\$200 Question

Which of the following is considered to be  
15 grams of carbs?

10 Lay's Potato Chips

20 Animal Crackers

1 Rice Cake

10 Saltines

ANSWER

BACK TO GAME

Grams of Carb Counting :  
\$200 Answer

Which of the following is considered to be  
15 grams of carbs?

**10 Lay's Potato Chips**

20 Animal Crackers

1 Rice Cake

10 Saltines

[BACK TO GAME](#)

**Grams of Carb Counting :**  
\$300 Question

3 oz. of turkey deli meat is how many grams of carbs?

45

15

0

30

ANSWER

BACK TO GAME

**Grams of Carb Counting :**  
\$300 Answer

3 oz. of turkey deli meat is how many grams of carbs?

45

15

0

30

[BACK TO GAME](#)

Grams of Carb Counting:  
\$400 Question

A large bagel is \_\_\_\_\_ grams of carbs.

45

15

30

60

ANSWER

BACK TO GAME

## Grams of Carb Counting : \$400 Answer

A large bagel is \_\_\_\_\_ grams of carbs.

45

15

30

60

[BACK TO GAME](#)

Grams of Carb Counting:  
\$500 Question

Which of the following condiments does not contain carbohydrate?

Mustard

Low-Fat Mayonnaise

Peanut Butter

Barbeque Sauce

ANSWER

BACK TO GAME

Grams of Carb Counting :  
\$500 Answer

Which of the following condiments does not contain carbohydrate?

**Mustard**

Low-Fat Mayonnaise

Peanut Butter

Barbeque Sauce

[BACK TO GAME](#)



Portion Distortion:  
\$100 Question

One serving of rice should be the size of:

½ baseball

1 golf ball

1 baseball

3 ping-pong balls

ANSWER

BACK TO GAME

Portion Distortion:

\$100 Answer

One serving of rice should be the size of:

**1/2 baseball**

1 golf ball

1 baseball

3 ping-pong balls

BACK TO GAME

**Portion Distortion:**  
**\$200 Question**

One serving of cheese should be the size of:

9-volt (square) battery

Deck of cards

iPhone 5

Postage stamp

ANSWER

BACK TO GAME

Portion Distortion:

\$200 Answer

One serving of cheese should be the size of:

**9-volt (square) battery**

Deck of cards

iPhone 5

Postage stamp

BACK TO GAME

Portion Distortion:  
\$300 Question

One serving of chicken or steak should be  
the size of:

Checkbook

Bar of soap

iPhone 6

Deck of cards

ANSWER

BACK TO GAME

Portion Distortion:

\$300 Answer

One serving of chicken or steak should be  
the size of:

Checkbook

Bar of soap

iPhone 6

**Deck of cards**

BACK TO GAME

Portion Distortion:  
\$400 Question

One serving of grilled or baked fish should be the size of:

Deck of cards

Checkbook

Computer mouse

iPhone 6 Plus

ANSWER

BACK TO GAME

Portion Distortion:

\$400 Answer

One serving of grilled or baked fish should be  
the size of:

Deck of cards

**Checkbook**

Computer mouse

iPhone 6 Plus

BACK TO GAME



**Portion Distortion:**  
**\$500 Question**

One serving of a bagel should be the size of:

CD

CD cover

Hockey puck

Frisbee

ANSWER

BACK TO GAME

Portion Distortion:

\$500 Answer

One serving of a bagel should be the size of:

CD

CD cover

**Hockey puck**

Frisbee

BACK TO GAME

Anything Goes:  
\$100 Question

\_\_\_\_\_ of pasta is 15 grams of carbs.

$\frac{1}{2}$  cup

$\frac{1}{3}$  cup

1 cup

$\frac{2}{3}$  cup

ANSWER

BACK TO GAME

Anything Goes:  
\$100 Answer

\_\_\_\_\_ of pasta is 15 grams of carbs.

$\frac{1}{2}$  cup

$\frac{1}{3}$  cup

1 cup

$\frac{2}{3}$  cup

BACK TO GAME

Anything Goes :  
\$200 Question

How many calories would you burn going  
on a 3-mile hike?

386

419

507

275

ANSWER

BACK TO GAME

Anything Goes :  
\$200 Answer

How many calories would you burn going  
on a 3-mile hike?

386

419

507

275

BACK TO GAME

Anything Goes :  
\$300 Question

How many calories are in a Chipotle chicken burrito?

400 calories

790 calories

630 calories

510 calories

ANSWER

BACK TO GAME

Anything Goes :  
\$300 Answer

How many calories are in a Chipotle chicken burrito?

400 calories

790 calories

**630 calories**

510 calories

BACK TO GAME



Anything Goes :  
\$400 Question

How many calories are in a medium size  
Coke?

280 calories

400 calories

310 calories

230 calories

ANSWER

BACK TO GAME

Anything Goes :  
\$400 Answer

How many calories are in a medium size  
Coke?

**280 calories**

400 calories

310 calories

230 calories

BACK TO GAME

Anything Goes :  
\$500 Question

One serving of salad dressing should be the size of:

Ping pong ball

Marble

Plastic water bottle cap

Two ping pong balls

ANSWER

BACK TO GAME

Anything Goes :  
\$500 Answer

One serving of salad dressing should be  
the size of:

Ping pong ball

Marble

**Plastic water bottle cap**

Two ping pong balls

BACK TO GAME

## FINAL ROUND Question

How many grams of carbohydrates are in this sample breakfast menu?

- 1 English muffin
- 2 slices of bacon
- 2 scrambled eggs
- 1 cup skim milk
- 1/3 cup mixed berries

ANSWER

BACK TO GAME

## FINAL ROUND Answer

How many grams of carbohydrates are in this sample breakfast menu?

**50 grams of carbs!**

[BACK TO GAME](#)