



## LESSON REVIEW TRIVIA GAME – ALL GRADES

*You can use any or all of these quiz statements at any point in the lesson that you might have time. The statements are a review of content taught throughout the year. All resources are listed in the corresponding lesson.*

Have the students stand. Let them know this is a “true and false” game. Read the first statement out loud. If they think it’s true, they stay standing. If they think it’s false, they sit. Reveal the answer to see how many were right. Have them return to standing and read the next statement. If time, call on them to explain why they believe a statement is true or false. Feel free to come up with your questions and variations!

### Review from Lesson 1

- Water helps your body absorb nutrients. *True*
- Headache can be a sign of dehydration. *True*
- All people require the same amount of water. *False*
- Fruits and vegetables contain large amounts of water. *True*
- There is no sugar in fruit juice because it’s natural. *False*
- The Nutrition Facts Label also includes information about the food, such as the serving size, fat, sodium, sugar, protein and more. *True*
- Only people and animals need nutrients to live but not plants. *False*
- All the different colors of fruits and vegetables have special nutrients in them that work to keep you feeling healthy. *True*

### 2411 2411Review from Lesson 2

- Removing old plants helps aerate the soil, creating air spaces between the soil particles which have become compacted over time. *True*
- Seeds have different depth requirements for planting. A general rule of thumb: the smaller the seed, the deeper it will want to be planted. *False: Larger seeds generally like to be planted deeper, and smaller seeds generally like to be planted closer to the surface.*
- All seeds like to be planted deep. *False: All seeds have different depth requirements.*
- Roots grow above ground. *False: Roots almost always grow underground.*
- Beets, carrots, peas and kale like to grow in the warm season. *False: These crops like to grow in the cool season.*
- Roots take up the water and nutrients from the soil and bring them to all parts of the plant. *True*
- A beet is a swollen portion of the plant’s roots. *True*
- The tendrils on the pea plant are leaves. *True*

### Review from Lesson 3

- **Organic matter** such as banana peels, fruit rinds, dry leaves, etc. can go in the recycle bin. *False: Organic matter is compostable, not recyclable and should be put in the compost.*
- Decomposers need air, browns, greens and water. *True*
- Compost is a **nutrient cycle**, which is the natural process of nutrients recycled from dead matter to living matter in a constant loop. *True*
- Compost adds moisture to soil that all living things need to survive. *True*
- Macroorganisms such as pill bugs, earthworms or centipedes are organisms that are so small that you can only see them with a microscope. *False: "Macro" means large, so these organisms can be seen with the naked eye. A microorganism is an organism that is so small that you can only see them with a microscope.*
- Both micro and macroorganisms consume each other. *True*
- Our bodies can't make minerals on their own. *True*
- **Sodium** helps with nervous system and food absorption and is found in table salt and many packaged (chips) and prepared (pizza) foods. *True*

### Review from Lesson 4

- An **annual** plant means that it completes its life cycle in one year. *True*
- Some seeds have parachutes, or feathery structures, to catch the wind and sail through the air. *True*
- Pollinators include bees, butterflies and squirrels. *False*
- Bees take their job of pollinating plants very seriously and work hard to make sure that they visit as many blossoms as they can to help the plants reproduce. *False*
- Seeds have all the needed nutrients for a plant to grow healthy and strong, like a tiny package of nutrition. *True*
- All seeds, whether in a fruit or seed pod, formed from a flower that was pollinated. *True*
- Foods can have many different nutrients, but all nutrients do the same thing. *False*
- Fat is an important part of a healthy diet that gives you energy. *True*

### Review from Lesson 5

- The plate in MyPlate is divided into four main sections: Vegetables, Fruits, Grains and Sugars. *False*
- Some examples of the food group called "Fruits" are banana, strawberries and lettuce. *False*
- Carrots come in orange, white, yellow, red, magenta, and purple. The nutrients differ according to the color. *True*
- There are 6 basic food groups: Fruits, Vegetables, Grains, Proteins, Dairy and Desserts. *False*
- Peas are in the same family as pumpkins – they are legumes. *False*
- Kale is just one of many types of cabbage, referred to as a **leaf cabbage**, which is a "loose leaf" green, harvested the same way as salad, greens, or lettuce. *True*
- Carrots are in the same family as celery. *True*
- Beets come in several colors such as golden, red, purple, and checker board. *False*