



## **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 in previous lessons this 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 allows, call on them to explain why they believe a statement is true or false. Feel free to come up with your own questions and variations!

### **Review from Lesson 1**

- When we eat mindfully, we use our five senses. *True*
- One of the five senses is breathing. *False. The five senses are: see, hear, touch, taste, smell.*
- “The Hunger Gauge” is a tool to help us decide if we really are hungry or not. *True*
- One of the ways our body lets us know that it’s time to eat is feeling energized. *False. One of the ways our body lets us know we need to eat is by feeling low energy.*
- Tomatoes and basil are warm-season crops, thriving in the warmer months of the year. *True*
- Peas, bean and cilantro are all legumes, growing pods of seeds that we eat. *False. Cilantro is not a legume, but peas and beans are.*
- All tomatoes are red. *False. Tomatoes come in many colors: dark purples, pinks, orange, green striped, white, yellow and more.*
- Cucumbers are related to pumpkins because they are all in the same plant family. *True. They are both Cucurbits.*

### **Review 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

- All parts of the pea plant that grow above ground are edible: stems, tendrils, leaves, flowers, pods and peas. *True*
- On a pea plant, the peas can be purple, white or green. *False. They can be purple or green, not white.*
- Lettuce can grow either as a round tight head, resembling a ball, that you have to harvest all at once, or as loose leaves, that you can harvest anytime the plant grows new leaves. *True*
- Carrots are in the same family as celery. *True*
- Beets come in several colors such as golden, red, purple, and checkerboard. *False*
- Kohlrabi is most popular in Japan. *False, it is most popular in Germany and Switzerland.*
- Kohlrabi is a root vegetable. *False, it is a swollen stem.*
- Carrot greens are poisonous to eat. *False. You can eat carrot greens.*