



SNAP RE-CAP GAME | Master List

MYPYRAMID CHALLENGE

	Nutrients	Just the Facts	Personal Trainer	Potpourri
100	<p>The color of foods that are high in vitamin A.</p> <p>What is orange? (squash, pumpkins, carrots)</p>	<p>This is the natural sugar found in fruits.</p> <p>What is fructose?</p>	<p>What MyPyramid suggests you do before exercising to prevent injury.</p> <p>What is stretch muscles to warm them up?</p>	<p>The missing word from this MyPyramid slogan: "Make half your grains _____."</p> <p>What is whole?</p>
200	<p>Iron helps blood carry this.</p> <p>What is oxygen?</p>	<p>In our diets, this percentage of calories should come from carbohydrates.</p> <p>What is 50%?</p>	<p>This type of exercise uses oxygen.</p> <p>What is aerobic?</p>	<p>One slice of bread is equivalent to ___ ounce(s) of grains.</p> <p>What is one ounce?</p>
300	<p>Strawberries, tomatoes, citrus fruits, and potatoes are good sources of this vitamin.</p> <p>What is vitamin C?</p>	<p>The body uses carbohydrates for energy and stores a small amount in the liver and muscle as ____.</p> <p>What is glycogen?</p>	<p>The number of calories in a pound of body fat.</p> <p>What is 3,500?</p>	<p>An egg roll provided portions from all but two food groups.</p> <p>What are fruit and milk groups?</p>
400	<p>The term is used to indicate that more nutrients are added to a food than what the food originally contained.</p> <p>What is fortified?</p>	<p>This is the only food that contains 100% protein.</p> <p>What are egg whites?</p>	<p>This is the second leading cause of death in the United States.</p> <p>What is cancer?</p>	<p>Omega 3 fatty acids are found in this food.</p> <p>What is fish?</p>
500	<p>These are the six major categories of nutrients.</p> <p>What are carbohydrates, water, fats, vitamins, protein, and minerals?</p>	<p>Eating large amounts of protein puts a strain on this pair of organs.</p> <p>What are the kidneys?</p>	<p>Dietary recommendations suggest that no more than this percent of daily calories should come from fat.</p> <p>What is 30%?</p>	<p>Choosing low fat meats and poultry, eating more dried peas and beans, using low-fat cooking methods are all examples of this slogan from MyPyramid.</p> <p>What is "Go Lean with Protein"?</p>

KITCHEN SAFETY

	Definitions	Cooking Cautiously	Safety First	Keep it Clean!
100	<p>This means to burn with a hot liquid or steam.</p> <p>What is "scald"?</p>	<p>What you should do with a small appliance when not in use because electricity flows through the cord even when it is turned "off."</p> <p>What is unplug it?</p>	<p>A common kitchen product which can be used to extinguish a grease fire.</p> <p>What is baking soda?</p>	<p>Do this to spills to prevent slippery kitchen floors.</p> <p>What is mop or wipe them up?</p>
200	<p>If kitchen cleaning fluids are ingested or consumed, they are _____ to the body.</p> <p>What is "poisonous"?</p>	<p>The direction saucepan handles should point when cooking on top of the stove.</p> <p>What is inward?</p>	<p>This area needs to be cleaned on a stove because collected grease left here can start a fire.</p> <p>What are the burners?</p>	<p>Do this to prevent dust or dirt from entering your canned food.</p> <p>What is wash the can?</p>
300	<p>Type of container in which cleaning products or poisonous products should be stored.</p> <p>What is "original"?</p>	<p>To avoid a heat blast in your face when opening this door, always count to "3" before reaching in.</p> <p>What is the oven?</p>	<p>These can cause tripping and falling and should be used with caution.</p> <p>What are rugs?</p>	<p>Use this to clean up broken glass shards.</p> <p>What is a wet paper towel?</p>
400	<p>The best type of cleaning product for the kitchen sink and countertops is detergent with this ingredient.</p> <p>What is "bleach"?</p>	<p>Because food may heat up the cooking container, always use this when removing food from the microwave oven.</p> <p>What is a potholder?</p>	<p>Use this when trying to get something out of reach in the kitchen.</p> <p>What is a step stool?</p>	<p>These should never be placed in a sink full of water to await washing.</p> <p>What are sharp knives?</p>
500	<p>Keep hands dry when around this conductor in the kitchen.</p> <p>What is electricity?</p>	<p>Do this when you want to prevent a steam burn while checking food cooking on the stove.</p> <p>What is lift the lid away from you?</p>	<p>To prevent scalds at the kitchen sink, the household water thermostat should register this temperature.</p> <p>What is 120 degrees?</p>	<p>Indicators that a sponge used for cleanup in the kitchen should be discarded.</p> <p>What is "looks and smells dirty"?</p>

GERM WARS

	Keep it Clean	Cook it Well	Chill Out!	Go the Distance	Sick!
100	<p>To do this correctly, you must use soap, warm water, and scrub for 20 seconds.</p> <p>What is wash your hands?</p>	<p>This unbaked food should not be eaten because it contains raw eggs.</p> <p>What is cookie dough?</p>	<p>The maximum amount of time a cold or hot food can safely sit at room temperature.</p> <p>What is 2 hours?</p>	<p>When meat juices drip on or come in contact with other foods.</p> <p>What is cross-contamination?</p>	<p>This bacteria is found in contaminated water, raw or rare ground beef, or unpasteurized milk or apple juice.</p> <p>What is E. coli?</p>
200	<p>This should be done with fresh fruits or vegetables before preparing or eating them.</p> <p>What is rinse with cold, running water?</p>	<p>This is a way to make sure your roast or turkey is fully cooked.</p> <p>What is use a thermometer to check internal temperature?</p>	<p>This is a good policy to follow when storing leftovers.</p> <p>What is "don't wait, refrigerate!"?</p>	<p>This must happen when you only have one cutting board to prepare a salad and a chicken stir fry.</p> <p>What is wash the cutting board between uses?</p>	<p>Nausea, vomiting, diarrhea, stomach cramps, fever, chills, and body aches.</p> <p>What are symptoms of food-borne illness?</p>
300	<p>A clean one should be used each time dishes are washed.</p> <p>What is a dish cloth?</p>	<p>Properly cooked ground meat should be this color.</p> <p>What is brown?</p>	<p>Where frozen foods such as meats should be put to thaw or defrost.</p> <p>What is in the refrigerator?</p>	<p>Do this to prevent raw meat juices from dripping on other foods in the refrigerator.</p> <p>What is wrap tightly or put in a tightly sealed container?</p>	<p>A type of bacteria that is found in raw or undercooked poultry and eggs.</p> <p>What is Salmonella?</p>
400	<p>This can be used on kitchen cutting boards and is made from 2 tsp. bleach in one quart of water.</p> <p>What is a sanitizing solution?</p>	<p>The temperature of cooked foods that are served hot.</p> <p>What is 140 degrees?</p>	<p>The proper storage temperature for foods in here is between 32 and 40 degrees.</p> <p>What is the refrigerator?</p>	<p>Use this when grilling outdoors so raw meat juices don't come in contact with cooked meats.</p> <p>What is a clean plate?</p>	<p>Caused by bacteria or the toxins released by bacteria in food.</p> <p>What is food-borne illness?</p>
500	<p>These are the first items to be washed when doing dishes.</p> <p>What are utensils that come in direct contact with the mouth?</p>	<p>Bacteria grows very rapidly in this danger zone.</p> <p>What is 40-140 degrees?</p>	<p>When serving leftovers, reheat to this temperature.</p> <p>What is 165 degrees?</p>	<p>A piece of advice to consider when you aren't sure how many days the potato salad has been sitting in the refrigerator.</p> <p>What is "when in doubt, throw it out!"?</p>	<p>The type of bacteria spread by improper food handling.</p> <p>What is Staphylococcus?</p>