

MILK JEOPARDY

Purpose: To acquaint kids with different foods in the Milk Group.

Supplies: Poster board
5 x 7" cards
Markers
Tape

What to Say: There are lots of good foods in the Milk, Yogurt & Cheese group. What are some of your favorites? What do you like about them?

What to Do: Have the kids form 2 teams and ask for a volunteer game leader. The teams have to choose one person to be their captain. This person will give the answers for the team.

Begin the game by flipping a coin to see which team goes first. The main rule of this game is that the team members have to work together to choose the category and answer the question.

What to Use: Use a game board made with poster board and 5 x 7" cards. On one side of the cards write the point values, on the other side write the game clues. Tape cards to the poster board in the order shown.

GAME CARDS - Front Side

Different Kinds of Milk	Kinds of Cheese	Foods Made From Milk	Milk & Nutrition
50	50	50	50
40	40	40	40
30	30	30	30
20	20	20	20
10	10	10	10

**Note:* The teams can keep score, but declare everyone a winner!

GAME CARDS - Back Side

Game Clues

Different Kinds of Milk

- 10 This kind of milk is “all together.” *Whole Milk*
- 20 Drink this milk warm — it has a color and is a favorite. *Cocoa*
- 30 This milk is low in fat. *1% Milk*
- 40 This milk has lost all its fat. *Skim Milk or Fat Free Milk*
- 50 This type of milk can be stored on the shelf and is handy to use for cooking or drinking. *Non-Fat Dry Milk*

Kinds of Cheese

- 10 This cheese is patriotic. *American*
- 20 This cheese is moldy and its name is a color. *Blue*
- 30 This is the stringy kind that’s low-fat and good. *Mozzarella*
- 40 This cheese is full of holes and its name is European. *Swiss*
- 50 This cheese is white and soft and its name makes you think of a house. *Cottage Cheese*

Foods That are Made from Milk

- 10 It’s frozen and served in a cone. *Ice Cream*
- 20 This is a favorite twosome — pasta and a dairy product. *Macaroni & Cheese*
- 30 A slice of this has cheese on it that bubbles when it is baked. *Pizza*
- 40 This food has a crunchy shell and comes with lettuce, meat or beans and cheese. *Taco*
- 50 This is a nutritious dessert-type product that is fun to make by shaking. *Pudding*

Milk & Nutrition

- 10 This is an important mineral found in dairy products. *Calcium*
- 20 Growing children and teens need this amount from the dairy group each day. *3 Servings*
- 30 The important mineral in dairy products helps you have these. *Strong Bones & Teeth*
- 40 This is a disease that may develop later in life if one does not get enough milk. *Osteoporosis*
- 50 You need this much cottage cheese to get the same amount of calcium as in one cup of milk. *2 Cups*

