

Nutrition Game Show Preparation Guidelines (For Site Use)

Preparation: what will you need?

- Presenter with nutrition background (RD if available) – to explain the answers and put them in context
- Someone to keep score
- 2 small white boards and dry erase pens for participant teams to write answers
- Have visual references, e.g. food models (if available) or empty food containers – to demonstrate portion sizes
- Plan for how to divide attendees into two teams. Each team will work together as a group and come up with an answer to each question. Each team will select a “captain” who will write the team’s answer on their white board and hold the board up when time is called.
- Have a prize for the winning team, such as entering each team member into a drawing to win a gift card to Whole Foods
- It’s OK to edit individual slides if necessary, e.g. remove holiday slides if they are not relevant to the current time of year