Fruit & Vegetable Trivia

What is the Fruit & Vegetable Trivia?

Put your plant-based knowledge to the test! Plants are chock-full of nutrients—encourage participants to learn about healthy eating and plant-based facts in this game or trivia!

Background

According to CDC, only 10% of American adults get the recommended fruits or vegetables intake. Eating a variety of fruits and vegetables provide many nutrients that are linked to improved energy levels, enhanced moods, and lower levels of depression. These benefits contribute to greater well-being and productivity at work. In this game of trivia, participants will be able to work with their team to answer as many questions as they can while learning about the many health benefits of different fruits and vegetables. This game was created to help increase employees' awareness about the benefits of choosing to add healthy foods in their meals.

How to play Fruit & Veggie Trivia?

Fruit & Veggie Trivia is hosted and played as a Trivia Game similar to Jeopardy. Here is how you play it:

- **Understanding the Board.** The Jeopardy board has 6 different categories and five questions in each category. The questions range from $100-$500, and money value is associated with the difficulty level of the question. For example, the question worth $100 tends to be easiest in the category, while the $500 question is generally most difficult.

- **Create Teams.** Employees can be broken into several groups depending on preference and the number of participants. Teams will decide which questions they would like to choose and for how many points. They can also discuss the question and answer with their team during each turn(optional).
- **Starting the Game.** The facilitator or host can decide which team will go first and the general order for teams to select questions. After a team chooses a category and question, whichever team indicates they want to answer (raising hand) first, will have a certain amount of time to discuss the question with their team and provide the team's answer. If **working remotely**, each team will choose a *designated person* to answer questions and select the raise hand button. The facilitator will then watch to see which team raised their hand first.
  - If the answer is correct, the team gains the number of points that the question is worth.
  - If they answer incorrectly, other teams can answer. If the question is answered incorrectly again, facilitator reveals the correct answer and points are forfeited.
  - The team that answers correctly gets to choose the next question. If no teams answer correctly, the team with the least number of points can choose the next question.
- **Other Terms.** The other two terms included in this game are **Daily Double** and **Final Jeopardy Question**. The Daily Double means that the team who chose the question will get to wager a certain number of points. If they answer correctly, they gain the number of points wagered. If answered incorrectly, they will lose the amount wagered. They must place the wager before reading the question, and it must be in units of 200 points. Final Jeopardy questions happens at the

end of the game. Each team with points remaining can choose to wager a certain amount and if they answer correctly, they receive those points. If they answer incorrectly, they lose the points.

- **Tally Points.** The team with the most points at the end of Final Jeopardy win the game!
- **Rules Handout.** If you would like to see a condensed handout explaining the rules, you can view [here](#).
- **Sound Effects.** The Jeopardy board includes sound effects that you can use for correct and incorrect answers. There is also a timer that gives teams about 6 seconds to answer, these functions are completely optional to use.
- **Resetting Board.** After clicking on questions, they will no longer be yellow. To reset the board, simply close and reopen the PowerPoint. *Do NOT save when you close the board.*
Additionally, this [document](#) includes all the questions and answers in this trivia game.

Instructions
Consider Logistics:

- **Plan the Activity.**
  - **Time & Date.** The game can take approximately 45-minutes to play; however, it may be extended to the amount of time you have allotted and can also include a friendly debrief after the activity.
    - It can be played as part of a meeting, event, workshop, or as a stand-alone activity. Blocking out more time for this activity may be helpful for explaining rules and having a more flexible game play.

- o Decide if you would like to play the entire game at once or if you would like to break the game up into multiple sessions. *This would require you to save the board after each session.
- **Location.** Take sign-ups for the trivia event to get a head count and figure out how many tables/seats will be necessary.
  - o Participants should have a clear view of the Jeopardy board that can be projected on a white wall or screen. If there are teams, people should have enough space to gather or sit with their team.
  - o For remote working, employees and facilitators should have access to the meeting link.
- **Materials.** For this Jeopardy game, a computer will be needed to access the game. There will also need to be a blank wall or screen and projector that can display the game for all employees to see.
- **Incentives (optional).** Email well-being@sfgov.org to order prizes. SFHSS recommends a raffle prize approach with equal opportunity to all participants, to recognize effort over results.

- **Identify a Facilitator and Scorekeeper.** Identify one or more individuals who are willing to lead the activity. Their role will be to select the question that teams choose and read questions and answers aloud. They will also need to keep track of points (or have a helper keep track). If facilitating remotely, each team will also need to have a team leader or will press the raise hand button and answer for their team.

Start playing!

Before the event:

- **Coordinate with the Facilitator.** Make sure that the facilitator is comfortable and familiar with the rules. If they would like additional support and resources, they can use the [facilitator script](#) that provides brief talking points.
- **Prepare Tools & Resources.**
  - For **in-person** Jeopardy, you will be needing a computer, projector, and a screen or wall to display the game for everyone to see. You will also be needing enough chairs for all participants, and enough space for people to sit comfortably with their team while adhering to [health and safety guidelines](#).
  - For a **remote** setting, you will also need access to a computer and a meeting link.
  - For a **both** in-person and remote work participants, it is strongly advised to set up equipment 15-20 minutes beforehand to make sure everything is working properly and to troubleshoot if needed. This may require two hand monitors*
- **Order Incentives.** Prizes for the winner/s can be ordered from well-being@sfgov.org.

During the event:

- **Start Fruit & Veggie Trivia.** Facilitators can start the game by using the facilitator notes to explain Jeopardy rules and introduce topics.
- **Form Teams.** Decide the number of teams you would like to have as well as the size of each team. Be mindful that the larger the size of each team, the more difficult it can be for each team member to participate.
  - **For remote work:** After teams have been formed, you can encourage members to create a group chat on MS teams to

discuss questions, answers, and to choose a representative who will be answering for that team.

- **Support Throughout Game:** Facilitators can support throughout the game by reading questions and answers and refreshing participants on the rules. They will also keep track of turns. The Score Keeper will keep track of the points.

Tips to Encourage Participation

- **Hang Flyers.** Hanging [flyers](#) to promote the trivia game can be a good way to increase awareness. Make sure to fill in the PDF with your information. Email well-being@sfgov.org if you need colored copies. If working remotely, please attach the flier to the promotional email.
- **Send Emails.** Send an [email](#) to your employees introducing the Fruit & Veggie Trivia. If you are promoting the activity as part of a larger event or meeting that is already being promoted, then you do not have to specifically advertise for the activity.
- **Build a Healthy-Eating Workshop Around the Activity.** People are more willing to show up for an organized event. Here are a few [activities](#) you can request from well-being@sfgov.org as an add-on to your Fruit and Veggie Trivia. A few ideas include:
  - Food Demo
  - Healthy Eating seminars
  - 1-on-1 Nutrition coaching

  Fill out this [Activity Request Form](#) if you are interested in participating in these additional activities. Be sure to plan ahead as most activities require 6-8 weeks lead time.

Need additional support? Contact well-being@sfgov.org

Additional Resources

Quick Plate Guide

Benefits of colorful fruits and vegetables

40 ideas to add more vegetables to meals

Shopping for produce guide