

**Earth Day Network
and the
Environmental Education Program**

Founded by the organizers of the first Earth Day in 1970, Earth Day Network's (EDN) mission is to broaden the environmental movement worldwide and to educate and mobilize people, governments, and corporations to take responsibility for a clean and healthy environment. EDN works in 174 countries with more than 12,000 network members helping to build alliances, and facilitating information exchange and collaboration. In addition, EDN supports a network of over 100,000 K-12 environmental educators, providing them with supplemental materials, classroom and community activities, and opportunities for civic learning and participation.

For more information, please visit Earth Day Network's Web site at www.earthday.net. For additional information concerning EDN's Environmental Education Program and to download educational lessons and resources, visit EDN's [Teacher's Corner](#).



www.earthday.net

Environmental Jeopardy *Organic Food, Organic Lifestyle*

Earth Day Network (EDN) is happy to present the updated, fifth edition of *Environmental Jeopardy*. EDN's Environmental Education Program creates and promotes many valuable classroom resources and lessons, like *Environmental Jeopardy*, designed to encourage civic responsibility and environmental awareness in students of all ages. You can download this and future editions of *Environmental Jeopardy* by logging into your Educators Network account – located on the Teacher's Corner of the EDN Web site, www.earthday.net - just like the other educational materials we make available to members of the Network. If you are a teacher living in the United States and have not received the official, laminated *Environmental Jeopardy* game board with precut slots for the questions, please send a request to education@earthday.net. Supplies are limited and they will be mailed out on a first-come first-served basis, so put your request in early!

The theme for the second edition of *Environmental Jeopardy* is "Organic Food, Organic Lifestyle." The importance of a healthy diet and a healthy lifestyle cannot be overestimated, and Earth Day Network is working to make these issues meaningful and important to students. The questions included in this edition focus on important themes such as organic products, food production, choosing a healthy diet, agriculture and resource management, consumer choice, the different components necessary for a healthy lifestyle, and healthy environments for children.

Environmental Jeopardy is easy to implement in your classroom. Simply download and print out the questions most appropriate for the grade level you teach. You will need Adobe Acrobat Reader and we strongly suggest that you print the questions double-sided. This way the point value will show on one side of the card and the question and answer on the other. If you do not have the capability or are unsure how to print double-sided, you can save this document to a floppy disk and take it to the nearest copy store, which can do it for you. After printing, cut out the category and the question cards. Then fit the category cards into the top slots and the appropriate question cards below them from the lowest point value on top to the highest point value on the bottom of each column. If you do not have a game board, you can either create one on your blackboard or whiteboard and tape up the questions, or you can download it from the Teacher's Corner. Because the board itself requires paper larger than most printers are equipped for (24"x36"), we suggest saving it to a floppy disk and taking it to the nearest copy store, which should be able to print it out to the correct dimensions – 24 inches by 36 inches.

When setting up the board, make sure the point value side of the question card is visible. Preparing the board will take about 5-10 minutes, so try to set up the board before your class arrives. Once the board is ready, simply divide the class into small groups (between 3 and 5 students) so they may learn the value of collaboration. Each group will pick a question according to its point value in a specific category. The teacher will read the question from the back of the card and the group will have thirty seconds to agree on an answer. If they answer the question correctly, they can choose another question. Each group can answer up to three questions in a row before allowing another group to have a turn. If a group does not answer a question correctly, the next group will have a chance to answer the question and then continue with their turn. The team with the most points at the end of the game wins!

To help make the subject matter of this game more relevant to your students we have included "Did you know?" facts with some of the answers, a list of Web sites with additional information regarding different aspects of healthy living, and an additional lesson plan available at the end of this document.

We hope you and your students enjoy the second edition of *Environmental Jeopardy*. We thank you for making EDN and environmental education a regular part of your curriculum. We believe that environmental education can be an integral part of education in all subject areas and grade levels.

Further Research on the Web

Environmental Jeopardy questions are designed to further your class's interest in environmental issues. In this edition, issues are related to organic food, the environment, and the organic lifestyle. This list of Web sites will serve as a good start for conducting research and learning more about organic food, products, and lifestyle.

1. Go Organic! for Earth Day: Go Organic! for Earth Day, an award winning project of the Organic Trade Association, MusicMatters, and EDN, increases awareness of organic products by providing consumers with valuable savings on organic products in the grocery store as well as valuable information on the benefits of organic: www.goorganicearthday.org
2. Earth Day Network: EDN has valuable information throughout its website regarding this version of Environmental Jeopardy, including lesson plans. Here are some places to start:
 - a. Earth Day Network homepage: www.earthday.net
 - b. Teachers Corner: <http://www.earthday.net/involved/teachers/join-Network.aspx>
 - c. Ecological Footprint: <http://www.earthday.net/Footprint/index.asp>
2. Organic Trade Association: <http://www.ota.com/index.html> - A collection of wide-ranging organic businesses with links to members' sites and information about organics for consumers and producers.
3. National Organic Program: <http://www.ams.usda.gov/nop/indexIE.htm> - Run by the Department of Agriculture, it is the official site for organics information.
4. The Sustainable Table: <http://www.sustainabletable.com/home/> - A user-friendly guide to healthy, environmentally conscious eating. It has a wide range of information on food and making conscientious choices while shopping.
5. The Department of Agriculture: <http://www.usda.gov/wps/portal/usdahome> - The official site of the government agency responsible for ensuring that food on the market is safe for consumption and for guiding and enforcing organics standards.
6. The Food and Drug Administration: <http://www.fda.gov/> - A branch of the Department of Health and Human Services, the FDA regulates a wide range of products from prescription and over-the-counter drugs, to toothpaste and Tupperware containers, in order to ensure they are not hazardous to the public.
7. The Environmental Protection Agency: <http://www.epa.gov> - The EPA is the US government agency mainly responsible for environmental issues. Among other topics, it has information on clean air and water, and land contaminants.
 - a. EPA Kid's Club: <http://www.epa.gov/kids/>
 - b. EPA High School Web site: <http://www.epa.gov/highschool/index.htm>
8. The World Health Organization: <http://www.who.int/en/> - Part of the United Nations, the WHO is in charge of human health on a world-wide scale.
9. Healthy Environments for Children Alliance: <http://www.who.int/heca/en/> - A branch of the World Health Organization, HECA is dedicated to improving the environmental health of children around the world. It has information on children's environmental health and what it is doing to improve the situation in many countries.
10. Greenpack: http://greenpack.rec.org/flash_wheel/index.html - A site with information about a host of environmental issues related to the questions in Environmental Jeopardy. It is very interactive and great for students.

The Categories

Organic Food, Organic Lifestyle

Below is a brief description of the five categories in this edition.

What Are Organic Foods? – Questions in this category will help students understand what is meant by “organic products,” in particular organic foods. Questions outline the differences between organic and non-organic products and farming methods, and helps paint a fuller picture of why organics are healthy and environmentally friendly.

Environmental Benefits of Organics – This category will generally include questions describing the positive environmental aspects of organics. Questions will help students understand why certain foods are better for the planet when grown organically and why others are not. Questions will stress that environmentally friendly foods and products have a smaller negative impact on the environment than other foods and products

Health Benefits of Organics – In this category students will learn how organic contributes to a healthy lifestyle. Questions will emphasize that health-friendly foods and products have multiple characteristics that promote healthy living for human beings.

The Growing Movement – In this category, students will answer questions pertaining to rise and popularity of the organic movement, as well as comprehend the basis for the organic label. Questions will help students understand what the USDA organic label exactly means.

Beyond Food: Organic Lifestyle – Questions in this section will focus on the many non-edible items and products found in the organic movement. Questions will serve to expand the broader understanding of what can be organic and how this promotes a healthy, organic lifestyle.

Category

What Are Organic Foods?

What are Organic Foods?
10 Points

These are the five food groups that can all be grown and bought organic.

What are fruits, vegetables, dairy, proteins (meat is acceptable), and grains.

What are Organic Foods?
20 Points

This is the famous sheep whose meat could not have been considered organic because she was created through cloning.

Who is "Dolly."

Did you know...?

The U.S. Government says that cloning of animals for organic food or other products is prohibited because it goes against organic standards. Read a BBC News article on [Dolly](http://news.bbc.co.uk/2/hi/science/nature/2764039.stm) at <http://news.bbc.co.uk/2/hi/science/nature/2764039.stm>.

What are Organic Foods?
30 Points

According to several tests and surveys, organic food most appeals to this one of peoples' five senses.

What is taste.

Did you know...?

A 2001 taste test conducted by Washington State University found that people prefer the taste of organic apples over conventional. In 2005 the United Kingdom Soil Association found that 72% of consumers find organic produce more delicious than non-organic alternatives.

Category

What Are Organic Foods?

What Are Organic Foods?
10 Points

What Are Organic Foods?
20 Points

What Are Organic Foods?
30 Points

Environmental Jeopardy, Primary Level Questions
Category: Environmental Benefits of Organics

Category

**Environmental Benefits of
Organics**

Environmental Benefits of Organics

10 Points

Toxic chemicals are found in what product that is sprayed on conventionally-grown crops, but not organic ones?

What are pesticides (insecticides is also an acceptable answer).

Did you know...?

Children are more at risk of being harmed by toxic chemicals because they are smaller and their immune systems are still developing. This problem is not only a health concern for humans. Toxic chemicals in pesticides also negatively affect the water, air, soil, and our homes. Plants and animals, including humans, need clean, non-toxic places to live. Buying organic foods and other products reduces your exposure to toxic chemicals.

Environmental Benefits of Organics

20 Points

This crop that some grownups drink in the morning is treated with the most insecticides.

What is coffee.

Did you know...?

Cotton comes second and tobacco third. 25% of the world's insecticides are sprayed on cotton alone. Both coffee and cotton can be grown organically without the use of insecticides.

Category

**Environmental Benefits of
Organics**

Environmental Benefits of Organics

30 Points

One of the major causes of rainforest logging is to raise this animal we commonly eat.

(Beef, cattle, and cows are all acceptable answers.)

Did you know...?

Each year 78 million acres of rainforest are cut down - a larger area than Poland. Cattle ranching, oil excavation, and logging for profit are the three biggest contributors to rainforest destruction.

**Environmental Benefits of
Organics
10 Points**

**Environmental Benefits of
Organics
20 Points**

**Environmental Benefits of
Organics
30 Points**

Category

Health Benefits of Organics

Health Benefits of Organics 10 Points

Cow's milk contains this mineral that keeps our teeth and bones strong.

What is calcium.

Did you know...?

Organic milk has just as much calcium as regular milk but is free from hormones and antibiotics, which may affect your growth and keep you from fighting off some diseases. Cows that produce organic milk are also guaranteed a better life than factory-raised cows.

Health Benefits of Organics 20 Points

Soda is sweet and many people think it tastes great, but it has a lot of sugar and empty calories (calories that don't come with some other nutritional benefit like vitamins or calcium). This other drink tastes sweet but also has nutritional benefits.

What is fruit juice (milk can be an acceptable answer). Fruit juices usually have a sweet taste but also give you some nutritional essentials like vitamins, calcium, and iron.

Did you know...?

Organic fruit juices are even better for you because they often have higher concentrations of nutritional goodies, and now organic juices are even available as juice boxes so they can be packed in your lunch.

Health Benefits of Organics 30 Points

Are you or any of your friends allergic to dairy? This vitamin-enriched bean can be used to replace cow's milk in your breakfast cereal and still provide you with the protein and calcium you need to grow healthy.

What is soy.

Did you know...?

More and more people who don't consume dairy are using soy products instead of milk so they can still enjoy cereal, pancakes, chocolate milk, and even milkshakes and ice cream. Soy is also a good source of protein, vitamins and minerals.

Category

Health Benefits of Organics

Health Benefits of Organics
10 Points

Health Benefits of Organics
20 Points

Health Benefits of Organics
30 Points

40 Points (Supplementary Question)

Carrots are famous for helping this one of the five senses stay in tip-top shape, but it is also true that this sense benefits from other fruits and vegetables like spinach and raisins.

What is vision (sight is also an acceptable answer).

Did you know...?

Many people suffer from a type of vision impairment called "macular degeneration", which means they slowly go blind. Vegetables like carrots and spinach and fruits like raisins are high in vitamins A and E, as well as what are called "carotenoids", all of which have been shown to help maintain good eyesight. Additionally, organic fruits and vegetables have been shown to retain more of their vitamins and minerals than their conventional counterparts, so go organic and get more bang for your buck!

Did you know...?

The United States Department of Agriculture's organic labeling system is not the only one. Some states and farming associations have their own organic certification programs. Many other countries and continents, like Japan and Europe, have their own organic certification programs.

**The Growing Movement
30 Points**

Although it also comes in black and white, this is the color of the U.S. government label on organic products.

What is green.

Did you know...?

Almost all farmers markets are open through spring, summer, and fall, and many are also open during the winter. You can find out about farmers markets near you by contacting your community's government or by looking online.

What is a farmers market.

At this place you can purchase organic foods and chat with the people that grew them.

**The Growing Movement
20 Points**

Did you know...?

European and American studies have shown that organic tomatoes, apples, and peaches have more healthy vitamins and nutrients essential to healthy growth than conventionally-grown produce. Organic apples and other fruits and veggies are also good for you because they're grown without pesticides!

What are apples.

Organic food is often more expensive than conventional food, but buying food that is in season makes it more affordable. What organic food product is harvested in the fall, comes in sweet and tart varieties and can help maintain your blood sugar?

**The Growing Movement
10 Points**

50 Points (Supplementary Question)

In addition to salt, this component of many foods is not included in the U.S. Government's criteria for organic labeling.

What is water.

The Growing Movement
10 Points

The Growing Movement
20 Points

The Growing Movement
30 Points

Category

The Growing Movement

Category

The Growing Movement

40 Points (Supplementary Question)

On average, this type of diet has less of an impact on the environment than one that includes meat.

What is vegetarian (or herbivorous).

Did you know...?
Most vegetarians have less of an impact on the environment because a lot of land and resources (especially water, coal and oil, and sometimes forest area) are required to raise and distribute meat products.

**Beyond Food: Organic Lifestyle
10 Points**

This type of product, used to keep your teeth healthy and clean, can be made with organic ingredients.

What is toothpaste.

Did you know...?

Many skin and body care products can be organic, like soap, toothpaste, shampoo, and lip balm.

**Beyond Food: Organic Lifestyle
20 Points**

One of the following products is not actually organic: organic soap, organic cotton t-shirts, organic wool socks, or natural peanut butter. Which is it?

What is natural peanut butter.

Did you know...?

When a product says "natural," that means that it has been made with minimal processing and is free of synthetic materials. That does not mean that it is actually organic, though.

**Beyond Food: Organic Lifestyle
30 Points**

This type of product not consumed by humans can bear the U.S. Government's organic label.

What is (organic) pet food.

Category

**Beyond Food: Organic
Lifestyle**

Category

**Beyond Food: Organic
Lifestyle**

**Beyond Food: Organic
Lifestyle
10 Points**

**Beyond Food: Organic
Lifestyle
20 Points**

**Beyond Food: Organic
Lifestyle
30 Points**

**What Are Organic Foods?
100 Points**

This percentage of the U.S. food supply is organic.

What is two percent.

Did you know...?

This may not sound like much, but consider that the organic industry is the fastest growing division of the agricultural sector with an estimated growth rate of 20% each year.

**What Are Organic Foods?
80 Points**

In this year the United States Department of Agriculture established a national certification program for organic products.

When was 1990.

Did you know ...?

In that year the U.S. Department of Agriculture passed the Organic Foods Production Act. This act established national standards governing the marketing of certain agricultural products as organically produced and assured consumers that organic products met a consistent standard. Over the years there have been several changes to the USDA's rules on organic foods, and changes continue to occur.

*Environmental Jeopardy, Secondary Level Questions
Category: What Are Organic Foods?*

**What Are Organic Foods?
20 Points**

If a product contains the organic seal, does that mean it originated from a local, small family farm?

What is No.

Did you know...?

During the early days of the organic movement, almost all products came from small family farms that were oftentimes local to the community. As demand and popularity for organic foods has risen, large companies now provide much of the organic food supply. This implies it was not small & family owned, as well as many foods are shipped thousands of miles to stores, yet still bear the organic label (Chile is common).

**What Are Organic Foods?
40 Points**

This government agency is responsible for making sure the food we eat is safe and certifies producers as organic.

What is the United States Department of Agriculture, USDA..

Did you know...?

Displaying the "USDA Certified Organic" label is optional and some organic products do not display it. Try looking at the ingredients to see if something is organic or is made with organic ingredients. The "USDA Certified Organic" label means the product meets or exceeds government standards defining organic farming and production.

**What Are Organic Foods?
60 Points**

If a food or product is made with between 70% and 95% organic ingredients, what may its label say?

What is "Made with Organic Ingredients."

Did you know...?

Products made entirely with certified organic ingredients and methods can be labeled "100% organic." Products with 95% or more organic ingredients can use the word "organic." Both may display the USDA organic seal. Products with at least 70% organic ingredients, can be labeled "made with organic ingredients" and display the logo of the certification body that approved them. Products made with less than 70% organic ingredients can not advertise this information to consumers and can only mention this fact in the product's ingredient statement.

**What Are Organic Foods?
20 Points**

**What Are Organics Foods?
40 Points**

**What Are Organics Foods?
60 Points**

**What Are Organics Foods?
100 Points**

**What Are Organics Foods?
80 Points**

Environmental Benefits of Organics
100 Points

One of the major causes of rainforest logging is to raise this animal we commonly eat.

What are beef cattle.

Did you know...?

Each year 78 million acres of rainforest are cut down - a larger area than Poland. Cattle ranching, oil excavation, and logging for profit are the three biggest contributors to rainforest destruction.

Environmental Benefits of Organics
80 Points

This highest layer of earth is essential for crops to grow because it contains the nutrients plants need.

What is topsoil.

Did you know...?

On its own, nature can produce six inches of topsoil in 3,000 years. It takes only 50 years for organic farmers to create six inches of topsoil. Conversely, conventional farming methods result in the loss of one inch of topsoil every 28 years.

Environmental Jeopardy, Secondary Level Questions
Category: Environmental Benefits of Organics

Environmental Benefits of Organics
20 Points

17% of all fossil fuel consumption in the U.S. is used for production in this industry which we all need to survive.

What is food.

Did you know...?

Fossil fuels are used in transportation, operating farm machines, refrigeration, and in manufacturing fertilizers and pesticides.

Environmental Benefits of Organics
40 Points

This crop is treated with the most insecticides.

What is coffee.

Did you know...?

Cotton comes second and tobacco third. 25% of the world's insecticides are sprayed on cotton alone. Both coffee and cotton can be grown organically without the use of insecticides.

Environmental Benefits of Organics
60 Points

Toxic chemicals are found in what product that is sprayed on conventionally-grown crops, but not organic ones?

What are pesticides (insecticides is also an acceptable answer).

Did you know...?

Children are more at risk of being harmed by toxic chemicals because they are smaller and their immune systems are still developing. This problem is not only a health concern for humans. Toxic chemicals in pesticides also negatively affect the water, air, soil, and our homes. Plants and animals, including humans, need clean, non-toxic places to live. Buying organic foods and other products reduces your exposure to toxic chemicals.

**Environmental Benefits of
Organics
20 Points**

**Environmental Benefits of
Organics
40 Points**

**Environmental Benefits of
Organics
60 Points**

**Environmental Benefits of
Organics
100 Points**

**Environmental Benefits of
Organics
80 Points**

Health Benefits of Organics

100 Points

Organic fruits like tomatoes, apples, and peaches are known to contain more of this cancer-preventing substance than conventionally-grown fruits.

What are antioxidants.

Did you know...?

A 2003 study of the American Chemical Society determined that organic fruits and vegetables contain significantly more antioxidants than conventional produce. Antioxidants are substances that may protect cells from the damage caused by unstable molecules known as free radicals. Free radical damage may lead to cancer. Examples of antioxidants include beta-carotene, lycopene, and vitamins C, E, and A, and other substances.

Health Benefits of Organics

80 Points

Mercury, a toxic heavy metal often present in polluted waters, is found most regularly in this common source of protein.

What is fish.

Did you know...?

Organic fish is not yet available in the United States because industry officials have not agreed on what the guidelines should be. In other areas, such as Europe, organic standards for seafood are in place and some companies are looking to sell their products in the United States based on European standards. In most instances mercury levels are too small to be significant, but industrial production has increased mercury levels in fish over the past few decades.

Health Benefits of Organics

20 Points

Carrots are famous for helping this one of the five senses stay in tip-top shape, but it is also true that this sense benefits from other fruits and vegetables like spinach and raisins.

What is vision (sight is also an acceptable answer).

Did you know...?

Many people suffer from a type of vision impairment called "macular degeneration", which means they slowly go blind. Vegetables like carrots and spinach and fruits like raisins are high in vitamins A and E, as well as what are called "carotenoids", all of which have been shown to help maintain good eyesight. Additionally, organic fruits and vegetables have been shown to retain more of their vitamins and minerals than their conventional counterparts, so go organic and get more bang for your buck!

Health Benefits of Organics

40 Points

Are you or any of your friends allergic to dairy? This vitamin-enriched bean can be used to replace cow's milk in your breakfast cereal and still provide you with the protein and calcium you need to grow healthy.

What is soy.

Did you know...?

More and more people who don't consume dairy are using soy products instead of milk so they can still enjoy cereal, pancakes, chocolate milk, and even milkshakes and ice cream. Soy is also a good source of protein, vitamins and minerals.

Health Benefits of Organics

60 Points

The lack of healthy fruits and vegetables, and the excess of unnatural processed foods in many school cafeterias in the U.S. contributes to this common medical condition.

What is obesity.

Did you know...?

Exercising every day, eating more fruits and vegetables, and cutting down on foods high in fat are obvious ways to reduce your chances of becoming obese, but you can also help yourself by eating less unnatural processed foods, which have been shown to be consistently higher in fat than their natural and organic counterparts.

Health Benefits of Organics
20 Points

Health Benefits of Organics
40 Points

Health Benefits of Organics
60 Points

Health Benefits of Organics
100 Points

Health Benefits of Organics
80 Points

**The Growing Movement
100 Points**

This peace-promoting historical figure once said, "You must be the change you wish to see in the world".

Mahatma Gandhi.

Did you know...?

Gandhi, a social activist and advocate of nonviolent protest, was a leading figure in India's successful movement to free itself from British colonialism in the 1940s. Some other sayings attributed to him include, "Live as if you were to die tomorrow. Learn as if you were to live forever", and "In a gentle way, you can shake the world".

**The Growing Movement
20 Points**

Organic food tends to cost more than conventionally-produced food, but buying organic produce that is local and in season helps make it more affordable. The blueberry, a super-food rich in antioxidants and vitamins, is most affordable during this season.

What is summer.

**The Growing Movement
40 Points**

At this place you can purchase organic foods and chat with the people that grew them.

What is a farmers market.

Did you know...?

Almost all farmers markets are open through spring, summer, and fall, and many are also open during the winter. You can find out about farmers markets near you by contacting your community's government or by looking online.

**The Growing Movement
80 Points**

When purchasing fruits and vegetables at the supermarket, the brand sticker on the food bears numbers that you can use to tell how the food was produced. This number should be first on the sticker to tell you that the produce is organic.

What is the number nine.

Did you know...?

To help identify how a fruit or vegetable was produced, the Produce Electronic Information Board uses the first digit of "9" for organic, "8" for genetically modified, and "4" for conventional on brand label stickers.

**The Growing Movement
60 Points**

In the U.S., the average meal travels this number of miles before ending up on your plate.

What are 1500 miles (or about half way across the United States).

Did you know...?

Food sold at farmers markets is locally grown, and therefore usually tastier, healthier, and more affordable for you.

The Growing Movement
20 Points

The Growing Movement
100 Points

The Growing Movement
40 Points

The Growing Movement
80 Points

The Growing Movement
60 Points

Beyond Food: Organic Lifestyle

100 Points

This liquid component of many foods, skin care products, and our planet is not included in the U.S. Government's criteria for organic labeling.

What is water.

Beyond Food: Organic Lifestyle

80 Points

One of the following products is not actually organic: organic soap, organic lip balm, organic toothpaste, or natural peanut butter. Which is it?

What is natural peanut butter.

Did you know ...?

When a product says "natural," that means that it has been made with minimal processing and is free of synthetic materials, but that does not mean that it is actually organic, though. Organic peanut butter is available in most co-ops and grocery stores.

Beyond Food: Organic Lifestyle
20 Points

This non-edible product is popular among sweethearts on Valentine's Day and honeybees, and can be organic.

What are flowers.

Did you know...? Non-organic flowers, the common variety that we find in many stores, are raised with multiple pesticides. Currently, flower production is one of reasons for the depletion of the Amazon rainforest, since land is being cleared and sprayed with pesticides to produce the vibrant colors. Local workers suffer from exposure to toxins, as well as the planet, because the flowers are immediately air-shipped for holidays.

Beyond Food: Organic Lifestyle
40 Points

One of the following apparel products can not be organic: cotton t-shirts, polyester shorts, flax shawls, or wool socks.

What are polyester shorts.

Did you know...?

Even though the textile industry uses hundreds of toxic chemicals, many natural fibers and wools such as cotton, hemp, flax, cashmere and alpaca can be organic. Fabrics such as polyester and rayon can never be considered organic because they are synthetic.

Beyond Food: Organic Lifestyle
60 Points

This type of product, not consumed by humans, can bear the USDA organic label.

What is (organic) pet food.

**Beyond Food: Organic
Lifestyle
20 Points**

**Beyond Food: Organic
Lifestyle
40 Points**

**Beyond Food: Organic
Lifestyle
60 Points**

**Beyond Foods: Organic
Lifestyle
100 Points**

**Beyond Food: Organic
Lifestyle
80 Points**

**Supplementary Questions
100 Points**

Which of the following product cannot be organic: cotton bedding, wine, beer, or salt?

What is salt.

Did you know...? Salt cannot be “organically grown,” since it is a mineral and not a plant. Salt (and water) do not contain carbon, so it cannot be technically organic. However, sea salt has the potential to be harvested in natural ways, which then entails an organic label in other countries, such as New Zealand and France. It does not meet USDA organic certification, even products that are 100% organic still have salt and water in them which are not technically organic.

**Supplementary Questions
80 Points**

Because it uses fewer fossil fuels to produce crops and has been shown to absorb and retain more carbon than conventional systems, organic agriculture may help to slow this international environmental problem.

What is global warming/climate change.

*Environmental Jeopardy, Secondary Level Questions
Category: Supplementary Questions*

**Supplementary Questions
20 Points**

According to the EPA, this environmental calamity, which originates from the confines of one’s home, affects millions of people with multiple respiratory problems?

What is indoor air quality. It has been found to be two to five times as polluted as the air outside.

Did you know...?

A major cause for the higher concentration of pollutants indoors is the number of chemicals a typical house contains. Cleaning products such as laundry detergent, aerosols, and paints have many chemicals that have been known to cause health complications as mild as allergies and as serious as cancer. To minimize your risk, be sure to circulate fresh air through your house regularly and consider buying organic cleaning products. They are non-toxic!

**Supplementary Questions
40 Points**

Are children or adults typically more affected by the exposure to toxic, non-organic chemicals?

What are children. Children tend to be smaller than adults and their immune systems are still developing, so smaller concentrations of toxins bio-accumulate and have a greater impact on their health.

Did you know...?

This problem is not only a health concern. According to one study, childhood illness linked to chemical exposure costs the US \$55 billion in medical expenses each year. Many cleaning products have toxic chemicals – to minimize your family’s risk consider buying organic cleaning products which use only natural chemicals and minerals.

**Supplementary Questions
60 Points**

Although the United States Department of Agriculture recommends that fruits and vegetables be a major component of a healthy diet (at least five servings), what other, unwanted ingredients may be found on the majority of fruits and vegetables purchased at the supermarket?

What are Pesticides. Pesticides are designed to keep insects from eating produce, but they can also be harmful to people. To avoid accidentally eating pesticides try to buy organic fruits and vegetables (dried fruits are also good) and always wash produce before eating it!

Supplementary Questions
20 Points

Supplementary Questions
40 Points

Supplementary Questions
60 Points

Supplementary Questions
100 Points

Supplementary Questions
80 Points

Organic Food, Organic Lifestyle Activities

In the updated, fifth edition of Environmental Jeopardy, *Organic Food, Organic Lifestyle*, students learn about healthy lifestyles and eating habits as well as environmentally friendly production methods. Every day you make choices about what you eat and how you spend your time. These decisions affect your health and the environment. Choosing healthy, environmentally friendly foods and activities help you AND the Earth grow strong and healthy.

In the following activities, you will analyze the choices you make every day and how they affect your health and the health of the environment. Answer honestly and consider if YOUR answer is the BEST answer – for you and the environment!

Healthy Activities for the Body and Environment

Think of five activities that are not healthy for your body or your environment. Give specific reasons why these activities are not healthy. Now think of five activities you can do instead, which are healthy for you and your environment. Be prepared to explain why these activities are healthy for you and your environment.

Some activities have a negative affect on your health and the environment.

| <u>Activity</u> | <u>Affect on health or the environment</u> |
|-----------------------------------|--|
| Example: watching TV after school | Uses electricity, don't get exercise |
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |

Other activities are healthy for your body and for the environment.

| <u>Activity</u> | <u>Affect on health or the environment</u> |
|---------------------------------------|--|
| Example: playing outside with friends | Get lots of fresh air and exercise |
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |

Healthy Foods for the Body and Environment

As you learned while playing *Organic Food, Organic Lifestyle*, there is a lot to think about when choosing environmentally friendly, healthy, AND TASTY foods to eat! In addition to choosing foods that are healthy for your body, the way your foods are produced and transported affects your environment as well.

1. Think of healthy and environmentally friendly options for the following foods:

| Unhealthy | Healthy | Healthier |
|----------------------------|--------------|----------------------|
| Ex) <u>Potato Chips</u> | <u>apple</u> | <u>organic apple</u> |
| <u>Frozen TV Dinner</u> | _____ | _____ |
| <u>Candy Bar</u> | _____ | _____ |
| <u>Sugar Cereal</u> | _____ | _____ |
| <u>Soda</u> | _____ | _____ |
| <u>Fast Food Hamburger</u> | _____ | _____ |

Follow up Discussion: Why are some of the items listed under the “Unhealthy” column unhealthy for the environment and for your body? Why are the “Healthier” choices healthier than the “Healthy” choices? Describe why organic foods and produce might be healthier for your body and the environment than non-organic foods and produce. Why is it good for the environment to choose produce that is grown locally and in season?

2. ***What’s In a Label?*** Every package of food you eat has a label with information about that product’s ingredients and nutrition. Learn what to look for in these labels to determine how healthy the product is for you and your environment. Does the item contain many ingredients you have never heard of? Look these up on the internet to see what they are and if they are harmful to you. Does the item contain organically produced ingredients? Is the item “certified organic?” If so, you know that the product was produced using environmentally friendly methods.

What about the nutritional value of the item? How many calories are in one serving? How much fat, cholesterol, sodium, carbohydrates, and protein does the item contain? Research how this information affects your body.

You may find the following Web sites useful in your research:

www.nutrition.gov

www.usda.gov – US Department of Agriculture

<http://www.ams.usda.gov/nop/indexIE.htm> - USDA’s National Organics Program

a) Compare the ingredients and nutritional value of a serving of pretzels with a serving of tortilla chips.

Pretzel ingredients: unbleached wheat flour, water, salt, yeast, natural flavor, vitamin E (mixed tocopherols) added to preserve freshness, soda.

Nutrition Facts:

| | |
|----------------------|--------------------------|
| Calories: 120 | Cholesterol: 0 |
| Calories from fat: 0 | Sodium: 200 mg |
| Total Fat: 0 | Total Carbohydrates: 25g |
| Saturated Fat: 0 | Protein: 3g |
| Trans Fat: 0 | |

Tortilla chips ingredients: corn, vegetable oil, cheddar cheese, salt, buttermilk solids, wheat flour, whey protein concentrate, Romano cheese from cow's milk, tomato powder, monosodium glutamate, onion powder, partially hydrogenated soybean oil, whey, garlic powder, dextrose, sugar, disodium phosphate, lactic acid, natural flavor, spices, citric acid, parmesan cheese, artificial colors (including yellow 6 and red 40), disodium inosinate, and disodium guanylate.

Nutrition Facts:

| | |
|------------------------|----------------------------|
| Calories: 260 | Cholesterol: less than 5mg |
| Calories from fat: 120 | Sodium: 350 |
| Total Fat: 13 | Total Carbohydrates: 31g |
| Saturated Fat: 2g | Protein: 4g |
| Trans Fat: 0 | |

Do you recognize all the ingredients? If not, you may need to research some of the ingredients using the internet. Are any of the ingredients harmful to your health? Based on the ingredients and nutritional facts, which choice do you think is better for you? Why?

b) Compare the ingredients and nutritional value of a frozen burrito with a macaroni and cheese frozen dinner. Keep in mind that neither option is organic or dietary, but their nutritional values are quite different.

Traditional frozen burrito ingredients: filling: water, pinto beans, modified food starch, cheddar cheese, green chilies, shortening, rolled oats, spices, cheddar cheese powder/cheddar flavors, whey powder, buttermilk powder, salt, flavorings. Tortilla: enriched bleached wheat flour, water, partially hydrogenated soybean oil, salt, sweet dairy whey, and baking powder.

Nutritional Facts:

| | |
|-----------------------|--------------------------|
| Calories: 280 | Cholesterol: 10 mg |
| Calories from fat: 70 | Sodium: 550 mg |
| Total Fat: 7g | Total Carbohydrates: 45g |
| Saturated Fat: 2g | Protein: 8g |

Macaroni and cheese frozen dinner ingredients: skim milk, blanched macaroni, cheddar cheese, cheddar club cheese, bleached wheat flour, margarine (partially hydrogenated soybean oil, water, salt, whey, soy lecithin, vegetable mono and diglycerides, artificially flavor, vitamin A palmitate added, colored with beta carotene), soybean oil, salt, and xanthan gum.

Nutritional Facts:

| | |
|------------------------|-------------------------|
| Calories: 320 | Cholesterol: 25 |
| Calories from fat: 140 | Sodium: 950 |
| Total Fat: 15 | Total Carbohydrates: 32 |
| Saturated Fat: 7 | Protein: 14 |

Do you recognize all the ingredients? If not, you may need to research some of the ingredients using the internet. Are any of the ingredients harmful to your health? Based on the ingredients and nutritional facts, which choice do you think is better for you? How might an organic version of either option be better for the environment? Why?

c) Extension – Ask students to bring in labels of something they consider healthy or unhealthy. Students should be prepared to explain why their choice is healthy or unhealthy for people and the environment. Conduct a class discussion based on the information provided in the labels. Consider having the students work in groups (make sure each group has labels for both healthy and unhealthy products) and participating in a group or class discussion.