



NUTRITION - SESSION 1

It should come as no surprise that staying active and healthy as long as possible will increase your lifespan, as well as your quality of life. Today, we're going to focus on some important things that can promote a healthy lifestyle for you as you age. Also, keep in mind that choosemyplate.gov is a great resource for healthy eating tips.

Throughout the game of BINGOsize®, you will be asked to read and answer some questions. When the leader asks the question, please circle the letter of the answer you believe is correct. It's ok if you don't know the answer. You will not be penalized.

Your leader will provide the correct answer after everyone has a chance to choose an answer. If you did not get the answer correct, place a checkmark next to the correct answer.



Source: National Council on Aging, ChooseMyPlate.gov, 2019

QUESTION 1: Which of the following things can help you stay healthy as you age?

- a. Maintaining a healthy weight
- b. Eating healthy foods
- c. Making physical activity and exercise a part of your routine
- d. Drinking enough water
- e. All of the above

QUESTION 2: In order to stay the same weight, you should only eat as many calories as you use each day.

- a. True
- b. False

QUESTION 3: As you age, your metabolism (how the body uses the calories you eat) stays the same.

- a. True
- b. False

QUESTION 4: If you need to lose weight, which of the following can help you?

- a. Eating more
- b. Getting more exercise (But always talk to your doctor first.)
- c. Reading more
- d. Spending more time socializing

QUESTION 5: The calories you drink do not count, only the ones you eat.

- a. True
- b. False



NUTRITION - SESSION 2

Everyone knows that it's important to drink fluids, but it is especially important for older adults to get enough fluids to help their body function properly. Today we're going to talk about some of the reasons it is so important, tips for how to get more fluids, and what types of fluids you should be drinking. And as always, remember that choosemyplate.gov is a great resource for more information on healthy eating tips and ways to get enough liquids.



Source: National Council on Aging, ChooseMyPlate.gov, 2019

QUESTION 1: As long as you drink a little bit each day, you are healthy.

- a. True
- b. False

QUESTION 2: Drinking water helps your body do which of these things?

- a. Digest food
- b. Absorb nutrients
- c. Eliminate waste from the body
- d. All of the above

QUESTION 3: Which of the following is your best drink choice?

- a. Soda
- b. Milk
- c. Coffee
- d. Water

QUESTION 4: What is a good way to add fluids to your diet each day?

- a. Eat less
- b. Make sure you take sips of your drink (juice, milk, or water) between each bite at meals
- c. Only drink during meals
- d. Exercise more

QUESTION 5: If you need liquids, your body will tell you this through the feeling of being thirsty.

- a. True
- b. False



NUTRITION - SESSION 3

Last week we started talking about ways to be healthier, one of which is eating healthy foods. Today, we're going to begin looking at the food groups and will discuss what types of foods you should eat from each group. ChooseMyPlate.gov is a great place to go when you are at home and are looking for information about healthy eating.



Source: National Council on Aging, ChooseMyPlate.gov, 2019

QUESTION 1: Which of the following is not a food group?

- a. Dairy
- b. Protein
- c. Candy
- d. Grains
- e. Vegetables

QUESTION 2: Which of the following foods are part of the grains food group?

- a. Muffin
- b. Corn or flour tortilla
- c. Pasta
- d. Popcorn
- e. All of the above are considered grains

QUESTION 3: It's important to eat green vegetables, but the other colored vegetables really aren't important.

- a. True
- b. False

QUESTION 4: Which of the following is not a fruit?

- a. Grapefruit
- b. Cherry
- c. Mango
- d. Raisins
- e. All of the above are fruits

QUESTION 5: Which of the following foods is NOT a protein?

- a. Fish
- b. Peanut butter
- c. Eggs
- d. Oatmeal
- e. Chicken



NUTRITION - SESSION 4

Earlier this week, we started by listing each of the food groups and then went on to explore what types of foods are included in the grains, vegetables, fruits, and protein food groups. Today, we're going to look even more at the protein food group. As always, remember that ChooseMyPlate.gov is a great resource for information about how to get healthy proteins and foods into your diet.



Source: National Council on Aging, ChooseMyPlate.gov, 2019

QUESTION 1: Most Americans eat more than the recommended amount of protein.

- a. True
- b. False

QUESTION 2: In order to reduce the amount of calories you get from protein (leaving room for calories from other healthy sources) you should try seafood once or twice a week in place of meat.

- a. True
- b. False

QUESTION 3: Most adults do NOT get enough dairy in their diet. Which of the following is a good, healthy source of dairy?

- a. Yogurt
- b. Low-fat milk
- c. Cottage cheese
- d. All of the above a good choices of dairy

QUESTION 4: Oils are also an essential part of diet. Which of the following is a good source of oil for your diet?

- a. Avocado
- b. Olives
- c. Peanut Butter
- d. Olive Oil
- e. All of the above are actually good sources of healthy oils

QUESTION 5: Added sugars are also part of most people's diets, but it's important to limit them because _____.

- a. They taste good
- b. Too much sugar in the diet can increase the fat level in your blood
- c. Sugars don't have calories
- d. Sugars are good a good source of fiber



NUTRITION - SESSION 5

Over the last two weeks we've been talking about tips for healthy living, like maintaining a healthy weight, drinking water, etc., and we've discussed the food groups and which foods fall under each. This week, we're going to talk about the importance of paying attention to how much you're eating, or portion control. ChooseMyPlate.gov is a great source of information about portion control and which foods you should be eating more/less of at meals.



Source: National Council on Aging, ChooseMyPlate.gov, 2019

QUESTION 1: The word portion and serving mean the same thing.

- a. True
- b. False

QUESTION 2: Using MyPlate can help you choose the correct amounts from each food group for meals?

- a. True
- b. False

QUESTION 3: What is the daily recommended amount of vegetables for people over 50?

- a. At least one scoop of vegetables each day
- b. 2 to 3 cups each day
- c. 3 pounds
- d. You don't need to eat any vegetables

QUESTION 4: What about fruits? How much fruit should you eat each day if you are over 50?

- a. 1 apple per day
- b. 3 bowls
- c. 1.5 to 2 cups
- d. Don't worry about eating fruit

QUESTION 5: When it comes to dairy, how much should you get each day?

- a. 1 cup
- b. Just add a little creamer to your coffee, and that will be good
- c. Don't drink milk b/c it's not important
- d. 3 cups



NUTRITION - SESSION 6

Last time we met, we started the discussion about portions and how much you should be eating. Today, we're going to continue that discussion and then look at some specific things that you can do to adjust the way you think about portions. This is exactly what MyPlate was designed for. If you haven't been visiting ChooseMyPlate.gov for additional information about healthy eating, now's a great time to start!



Source: National Council on Aging, ChooseMyPlate.gov, 2019

QUESTION 1: Since servings are described in measurements like cups and ounces, you should ALWAYS measure your food out that way!

- a. True
- b. False

QUESTION 2: The biggest portions on your plate at mealtime should be vegetables and fruits.

- a. True
- b. False

QUESTION 3: A recommended portion of protein (lean meat or fish) should be about the size of _____.

- a. Your head
- b. The palm of your hand
- c. A grapefruit
- d. A golf ball

QUESTION 4: Portion control can be particularly difficult when eating at restaurants.

- a. True
- b. False

QUESTION 5: To control portion size, you should count a serving of food out of the bag, then put the rest away.

- a. True
- b. False



NUTRITION - SESSION 7

Last week we focused on portions, meaning how much of a food you eat in a given “sitting”, so this week we turn our focus to looking at what is inside of those foods you eat. ChooseMyPlate.gov has lots of great articles and information about healthy foods.



Source: National Council on Aging, ChooseMyPlate.gov, 2019

QUESTION 1: Proteins are like the body’s building blocks.

- a. True
- b. False

QUESTION 2: Which of the following are jobs of protein?

- a. Build muscle
- b. Help you fight infection
- c. Provide some energy
- d. Proteins do all of the above

QUESTION 3: What foods are good sources of protein for our bodies?

- a. Lean meats
- b. Seafood
- c. Eggs
- d. Beans, peas, and soy products
- e. All of the above are great sources for getting protein into your diet.

QUESTION 4: Another important nutrient is carbohydrates. What is the *main* job of carbohydrates?

- a. Make us happy
- b. Give us energy
- c. Keep us healthy
- d. Prevent diseases

QUESTION 5: There are 2 types of carbohydrates: simple and complex. Simple carbs are found in foods such as sugar, milk, and fruit; whereas complex carbs are found in bread, pasta, beans, peas, etc. Which types of carbs should you choose most often?

- a. Simple
- b. Complex



NUTRITION - SESSION 8

Last session we focused on the first two of the main nutrients in foods, which are proteins and carbohydrates. Today, we'll look at the last of the three nutrients, FATS. And as always, don't forget to visit ChooseMyPlate.gov for more great information.



Source: National Council on Aging, ChooseMyPlate.gov, 2019

QUESTION 1: There are 3 important nutrients for the body: Proteins, Carbohydrates, and _____.

- a. Glucose
- b. Fats
- c. Oxygen
- d. Sugar

QUESTION 2: All fats are bad for you, and you should not eat them.

- a. True
- b. False

QUESTION 3: Actually, it is important to have good fats in your diet because they _____.

- a. Help you stay cool in the summer
- b. Help you stay lean
- c. Give you energy and help the body to use certain vitamins
- d. Make your teeth white

QUESTION 4: Which of the following foods contain healthy fats?

- a. Peanut butter
- b. Avocados
- c. Fatty fish
- d. Nuts
- e. All of the above are foods that contain the fats that are good for your body

QUESTION 5: To lower the saturated (unhealthy) fat in your diet, you can _____.

- a. Choose oils like olive or canola for cooking
- b. Choose low-fat or fat-free dairy products
- c. Choose lean meats and remove the skin from chicken
- d. Do all of the above.



NUTRITION - SESSION 9

Vitamins and minerals are two of the most important types of nutrients that the body needs. Although vitamins and minerals are always important, they become even more important as the body ages. ChooseMyPlate.gov is a good site to use as a place to find even more information about healthy foods and tips for eating the right nutrients that your body needs.



Source: National Council on Aging, ChooseMyPlate.gov, 2019

QUESTION 1: Vitamins and minerals are essential to what your body needs to survive and stay healthy.

- a. True
- b. False

QUESTION 2: Which of the following is a job that vitamins do for your body?

- a. Help you avoid infections
- b. Help your nerves stay healthy
- c. Help your body turn food into energy
- d. All of the above are important jobs of vitamins

QUESTION 3: In addition to vitamins being important, minerals also play an important role in the body.

- a. True
- b. False

QUESTION 4: Minerals are found in various foods, so it is important to eat a variety of healthy foods to get your required minerals.

- a. True
- b. False

QUESTION 5: It is usually better to get the nutrients you need from a pill, rather than from foods.

- a. True
- b. False



NUTRITION - SESSION 10

Last time we talked about how important it is to get vitamins and nutrients in your diet, and today we're going to look more specifically at three of the important nutrients and vitamins you need. We're going to look at sodium, Vitamin D, and calcium, and don't forget to visit ChooseMyPlate.gov for more information on healthy eating.



Source: National Council on Aging, ChooseMyPlate.gov, 2019

QUESTION 1: If your doctor says you aren't getting enough vitamins and minerals from the foods you eat, what should you consider when choosing a vitamin/mineral supplement?

- Look for a supplement that only contains the vitamin or mineral you need.
- Read the label to make sure doses aren't larger than what your doctor prescribed.
- Look for brands that your doctor or pharmacist recommend.
- All of the above are important things to consider when choosing a supplement.

QUESTION 2: One mineral to watch is **sodium** because too much sodium can lead to high blood pressure. What should we keep in mind when we think about how much sodium we actually need?

- People over 51 should limit their salt (sodium) intake to 1 teaspoon a day.
- Preparing your own meals at home can help avoid added sodium found in processed foods
- When cooking, don't add any salt until you've finished preparing the food and have tasted it first.
- All of the above are good ways to help limit sodium intake.

QUESTION 3: Eating fresh fruits and vegetables is another great way to reduce sodium intake.

- True
- False

QUESTION 4: Vitamin D is another important part of a healthy diet. When looking for foods high in vitamin D, you should choose which of the following?

- Fruit
- Vegetables
- Fatty fish
- Chocolate

QUESTION 5: Another mineral essential for strong, healthy teeth and bones is calcium. What foods are good sources of calcium for older adults?

- Milk/dairy
- Tofu
- Dark-green leafy vegetables
- Soybeans
- All of the above are actually good sources of calcium.



NUTRITION - SESSION 11

Last week we talked about how important vitamins and nutrients are, and what foods can be good sources for those. This week we're going to look at how to read the labels on foods. This is important to understand, as you decide which foods you should buy and eat. ChooseMyPlate.gov is another great resource for tips on healthy eating and what you should include in your diet.



Source: National Council on Aging, ChooseMyPlate.gov, 2019

QUESTION 1: Reading food labels on cans, boxes, bags, and jars can help you make better food choices at the store.

- a. True
- b. False

QUESTION 2: You may also see which of the following types of product dates on food labels?

- a. Sell by
- b. Use by
- c. Best if used by
- d. All of the above

QUESTION 3: The "sell by" date means what?

- a. Don't use before that date
- b. Don't use it at all
- c. Buy it before that date
- d. None of the above

QUESTION 4: The "use by" date means what?

- a. Food should be used by that date
- b. Food should be taken off the shelf by the store on that date
- c. food should be thrown away a week before that date
- d. all of the above

QUESTION 5: The "best if used by" date means what?

- a. Stores should not sell after that date
- b. Food will be freshest if used by the date
- c. Food is dangerous to eat
- d. None of the above



NUTRITION - SESSION 12

Earlier this week we started looking at how to understand the labels. Today, we're going to look at another type of label on products, which is the Nutrition Facts Label. Today we'll talk about what the numbers on the label mean and how to better understand what is in the products you are buying. ChooseMyPlate.gov has all kinds of useful information about what to buy and eat, so check it out at home.



Source: National Council on Aging, ChooseMyPlate.gov, 2019

QUESTION 1: It's good to get in the habit of reading ingredient lists on products. The ingredients are listed in order of how much of that ingredient is in the product, starting with the ingredient that there is the most of.

- a. True
- b. False

QUESTION 2: It's also important to read the nutritional facts label because it provides you with information about

- a. How many servings are the package
- b. How big each serving is
- c. How many calories are in one serving
- d. All of the above.

QUESTION 3: It is important to pay close attention to how many servings are in a container because many packages or snacks or bottles of soda/juice actually contain more than one serving.

- a. True
- b. False

QUESTION 4: Although fruits and vegetables don't come with nutritional facts labels, you can find nutritional information on the USDA's website.

- a. True
- b. False

QUESTION 5: If a nutritional facts labels indicates that the item contains 27% of your total daily recommended value of saturated fat, that product is low in saturated fat.

- a. True
- b. False



NUTRITION - SESSION 13

Topics from last week lead us to talking more specifically about food safety this week. Food safety is important for people of all ages, but it is even more important as you age because your body is not as good at fighting germs. When you are online at home, check out ChooseMyPlate.gov for all kinds of videos and helpful information about healthy eating, including food safety.



Source: National Council on Aging, ChooseMyPlate.gov, 2019

QUESTION 1: Food safety is important because food can be considered “contaminated” if it has been exposed to germs such as bacteria, viruses, or molds. This happens when_____.

- a. It is handled or prepared improperly
- b. It is exposed to contaminants when it is being harvested or collected
- c. It has “gone bad”
- d. All of the above

QUESTION 2: Food safety is especially important for older adults to think about because as you age, your body is not as good at fighting germs.

- a. True
- b. False

QUESTION 3: Diseases like kidney disease and diabetes make your body even more likely to become sick from eating unsafe foods.

- a. True
- b. False

QUESTION 4: Which of the following ways can help you lower your chance of getting sick from eating bad food?

- a. Make sure that meat is fully cooked to a minimum internal temperature
- b. Make sure your milk and juice are pasteurized
- c. Heat up hot dogs and deli/lunch meats to 165 degrees
- d. All of the above

QUESTION 5: Certain types of cheeses are made from unpasteurized milk and should be avoided.

- a. True
- b. False



NUTRITION - SESSION 14

Earlier this week, we started talking about why food safety is increasingly important as we age. Today, we're going to continue looking at food safety by talking about how to properly store foods at home to avoid contamination. And don't forget to check out ChooseMyPlate.gov to see what they have to say about food safety.



Source: National Council on Aging, ChooseMyPlate.gov, 2019

QUESTION 1: A good way for older adults to avoid eating foods that have gone bad is by smelling/tasting a tiny bit first.

- a. True
- b. False

QUESTION 2: Food safety at home begins with storing foods properly. Which is an example of proper food storage?

- a. Making sure to refrigerate things that say "refrigerate after opening"
- b. Keeping canned/packaged goods in a cool, dry place
- c. Try to eat refrigerated leftover foods within 3 to 4 days
- d. All of the above

QUESTION 3: Some foods, including caffeine and alcohol, should not be eaten with certain medications.

- a. True
- b. False

QUESTION 4: Food safety is only important to think about at home, so don't worry about this when you eat at restaurants.

- a. True
- b. False

QUESTION 5: Which of the following is a good way to avoid eating unsafe foods when eating out?

- a. Pick restaurants that have tables and floors that are neat and clean
- b. Try to stay away from buffets
- c. Don't be afraid to ask your server how a certain food is cooked
- d. If you take leftovers home, get them in the refrigerator within 2 hours.
- e. All of the above



NUTRITION - SESSION 15

Earlier this week, we started talking about why food safety is increasingly important as we age. Today, we're going to continue looking at food safety by talking about how to properly store foods at home to avoid contamination. As always, check out ChooseMyPlate.gov for healthy tips.



Source: National Council on Aging, ChooseMyPlate.gov, 2019

QUESTION 1: When preparing meals at home, for safety purposes, you should follow four basic steps: clean, separate, cook, and chill.

- a. True
- b. False

QUESTION 2: When getting ready to prepare foods, it's important to do which of the following?

- a. Wash your hands
- b. Wash the cutting board
- c. Wash your countertop
- d. All of the above

QUESTION 3: It is important to prewash all foods, including fruits, vegetables, and meats, before cooking them.

- a. True
- b. False

QUESTION 4: Raw chicken should be left in the refrigerator no more than 2 days before cooking.

- a. True
- b. False

QUESTION 5: If you need to freeze uncooked eggs, you should beat the eggs and whites together, pour into a container, and then freeze.

- a. True
- b. False



NUTRITION - SESSION 16

Today we wrap up our topic of food safety. Food safety should be important to you because older adults' immune systems aren't as good at fighting germs/contaminates. This is important to always keep in mind when buying, storing, and cooking foods. Check out ChooseMyPlate.gov for more great information about healthy foods and living well.



Source: National Council on Aging, 2019

QUESTION 1: You should always keep uncooked meat, seafood, and eggs split up and away from foods that won't be cooked before eating.

- a. True
- b. False

QUESTION 2: Which of the following should you do when cooking?

- a. Keep foods that are ready to eat away from the cooking area
- b. Use a different cutting board and knife for fruits, vegetables and raw meats
- c. Wash your cutting board and knife with hot, soapy water after using
- d. Thoroughly clean countertops after prepping raw meat
- e. It is important to do all of the above when preparing food

QUESTION 3: When cooking meat, cook it until no juices flow out of the piece of meat when you press on it with a spatula.

- a. True
- b. False

QUESTION 4: You should always let hot foods cool down before putting the leftovers in the refrigerator.

- a. True
- b. False

QUESTION 5: Which of the following is an example of proper food safety as for how cold foods should be kept?

- a. As long as they are kept in the refrigerator, that's all you need to worry about
- b. Your refrigerator should be set at or below 40°, and the freezer should be below 0°
- c. Most things don't really need to be cold anyway
- d. All of the above



NUTRITION - SESSION 17

For the last two weeks we've talked about food safety, but this week we turn our attention to shopping for healthy foods! ChooseMyPlate.gov has some great tips on shopping for healthy foods on a budget, so check it out at home.



Source: National Council on Aging, ChooseMyPlate.gov, 2019

QUESTION 1: One of the best tips for making a successful trip to the grocery store is to start with a good list.

- a. True
- b. False

QUESTION 2: When you make your grocery list at home, check your supply of basic items, which include _____

- a. Bottled water or juice
- b. Bags of frozen fruit and vegetables
- c. Pasta or rice
- d. Cans of low-sodium soup
- e. All of the above are good things to keep in the pantry

QUESTION 3: What is a good way to help lower the stress of going to the grocery store?

- a. Just don't go
- b. Go when you are well rested and the store is not likely to be crowded or have long lines
- c. Only go on Sundays after church
- d. All of the above

QUESTION 4: Trying out grocery delivery services can also be a way to lower the stress from grocery shopping

- a. True, but make sure that you check on fees that may be added with these services
- b. False

QUESTION 5: Sometimes, depending on where you live, it may be hard to find fresh fruits and vegetables when shopping.

- a. True
- b. False



NUTRITION - SESSION 18

Earlier this week we started learning about shopping for healthy foods! Today we are going to talk about how to find healthy foods at your store and at a farmer's market. Check out ChooseMyPlate.gov from home, and see what additional information they have available about shopping healthy and local.



Source: National Council on Aging, ChooseMyPlate.gov, 2019

QUESTION 1: Some grocery stores have separate sections for healthier food choices.

- a. True
- b. False

QUESTION 2: Shopping at local farmer's markets is a great way to find fresh produce.

- a. True
- b. False

QUESTION 3: Farmer's markets can actually be less expensive than stores, and you may be able to find government coupons that you can use there.

- a. True
- b. False

QUESTION 4: Which of the following is a benefit of buying from a local farmer's market?

- a. You can often speak directly to the farmer about how the food is grown
- b. It can be a fun way to spend time and meet people
- c. You can get produce that is seasonal and pick it when it is the freshest
- d. All of the above

QUESTION 5: You are likely to find items at the farmer's market that you've never seen before at the grocery store.

- a. True
- b. False



NUTRITION - SESSION 19

Today, we turn our attention to our last nutrition topic, which is tips for eating healthy on a budget. Older adults are usually on a fixed income, so shopping smart is especially important. ChooseMyPlate.gov has a lot of great tips for how you can shop healthy on a budget.



Source: National Council on Aging, ChooseMyPlate.gov, 2019

QUESTION 1: Eating healthy is impossible for older adults on a fixed income.

- a. True
- b. False

QUESTION 2: Before going to the store, it can be helpful to find the sale ads and plan your meals around what is on sale that week.

- a. True
- b. False

QUESTION 3: Which of the following is a good way to find discounts?

- a. Ask about a senior citizen's discount at stores
- b. Utilize sales ads
- c. Ask about a rewards card that gets you better prices and coupons
- d. All of the above

QUESTION 4: You should use coupons carefully because sometimes the brand you have a coupon for still costs more, even after you apply the coupon.

- a. True
- b. False

QUESTION 5: You should always buy name brands because you get good value and quality.

- a. True
- b. False



NUTRITION - SESSION 20

Today we will wrap up with a few final questions about how to shop healthy on a budget, and we hope you will continue your healthy lifestyle changes and will look for another round of Bingocize® soon!

ChooseMyPlate.gov has a lot of great tips for how you can shop healthy on a budget, so be sure to check it out!



Source: National Council on Aging, ChooseMyPlate.gov, 2019

QUESTION 1: Less effort will cost you, but if you are willing to do a little extra work, you can save money.

- a. True
- b. False

QUESTION 2: Buying in bulk is of no value to older adults who only cook for themselves.

- a. True
- b. False

QUESTION 3: You can save money by buying which of the following fruits and vegetables, which are more low-cost than some of the others.

- a. Bananas
- b. Oranges
- c. Sweet potatoes
- d. Carrots
- e. All of the above

QUESTION 4: When thinking of your food budget, you should pay attention to how much food you are throwing away.

- a. True
- b. False

QUESTION 5: Going against the need to purchase snack foods and candy in the checkout lane is a good way to save money.

- a. True
- b. False