

Class 5 - Bingo Questions and Answers

Question: A veggie high in carbs

Answer: Potatoes, peas, corn, OR squash

Question: Beans go in the _____ section of your plate.

Answer: Carb

Question: What goes in the biggest section of the Diabetes Plate?

Answer: Non-starchy veggies

Question: A non-starchy veggie.

Answer: Leafy green salad, carrots, OR green beans

Question: Fish goes in the _____ section of your Diabetes Plate.

Answer: Protein

Question: If you went to a potluck that served cake that you wanted to eat, what is a side dish you might skip?

Answer: Potato salad or macaroni salad

Question: Looking at the Nutrition Label, how many grams of sugar should be in your drink?

Answer: Zero

Question: _____ is a good tool to use when exercising. It tells you that you are exercising hard enough, but not too hard.

Answer: The Talk/Sing Method

Question: The number of minutes of exercise to get in a day for a person who has diabetes.

Answer: 30 minutes

Question: Healthy ways to cook protein foods.

Answer: Grill, bake, broil, OR steam

Question: We can set _____ to help keep us on track with making healthy lifestyle changes.

Answer: Goals



Question: _____ are usually added to food when it is processed.

Answer: Sugar, salt, OR unhealthy fats

Question: You can find out how much salt (sodium) is in a food by looking at _____?

Answer: The Nutrition Facts Label

Question: _____ often have several teaspoons of sugar in one serving and do not fit into the Diabetes Plate.

Answer: Soda, juice, sweetened tea, OR energy drinks

Question: A tool we can use to decrease our stress when trying to make a healthy choice is _____?

Answer: Deep breathing

Question: Picturing yourself making healthier choices is a mindful activity called _____?

Answer: Visualization

Question: One important way to reduce your salt intake is to eat fewer _____?

Answer: Processed foods

Question: Try to eat _____ at least once each week to feel connected to our culture and ancestors.

Answer: Traditional food

Question: Healthy and inexpensive sources of protein that are put in the carb section of the Diabetes Plate.

Answer: Beans or lentils

Question: One way we can tell if a fat is healthy is if it is _____ at room temperature.

Answer: Liquid

Question: A naturally unsweetened drink.

Answer: Tea or water

Question: A tool to help us make healthier choices with our busy lives.

Answer: Meal planning

Question: Exercise can help to lower _____.

Answer: Blood sugar

Question: You can add _____ to food instead of salt to give it more flavor.

Answer: Herbs and spices

