

# 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

