

# Who wants to be a KOPS ?

There are several pages to list, so I'll start with the first page of Rules:  
One question will be read where the four answers will be asked to put in a specific order.  
The first person who raises their hand with the correct order will be the contestant.

## RULES FOR "WHO WANTS TO BE A KOPS?"

1. All of the questions used comes from "The Choice Is Yours"
2. Each contestant will answer 5 questions of increasing difficulty. If you answer the first question, you will win \$1.00 off your June dues....2nd question..\$2.00, 3rd question...\$3.00, 4th question...\$4.00, and the last question...\$5.00 (our monthly dues are \$5.00)
3. You will have two lifelines available: Ask a member and 50-50 (the person asking the questions will give the 50-50 answer)
4. If you miss a question, you will be reduced to the \$1.00 level....or you may choose not to answer the next question and walk away.

For the 1st contestant to be chosen: Put these foods in order of calories starting with the most:

- a. 1 medium peach
  - b. 1 oz. of cheese
  - c. 1 cup of green beans
  - d. 1 cup of apple juice
- (Answers D, B, A, C)

2nd contestant: Put these salty items in order from most salty to least salty:

- a. 2 oz. bag potato chips
  - b. 1 T. Soy Sauce
  - c. Head of Lettuce
  - d. 1 tsp. of salt
- (answers: D, B, A, C)

3rd contestant:

Put these food items in order as they appear on the food pyramid from top to bottom:

- A. Bread
- B. Fat
- C. Fruit
- D. Milk

(answers: B, D, C, A)

4th contestant:

Put in order from most to least these calorie burning exercises:

- A. Typing
- B. Singles Tennis
- C. Bowling
- D. Volleyball

(answers: B, D, C, A)

QUESTIONS:

Good snacks to keep in the frig are:

- A) Snickers Minatures and Hot Dogs
- B) Whole Milk and Oreo cookies
- C) Celery Sticks and apples
- D) Meatballs and cheese cubes

Examples of Betacarotene are:

- A) Cabbage and Turnips
- B) Carrots and Cantaloupes
- C) Twinkies and Sno-Balls
- D) Parsley and Broccoli

One teasp. of table salt contains how much sodium:

- A) 500 mg
- B) 1000 mg
- C) 2300 MG
- D) 4000 MG

The plate method refers to:

- A) How much food an average plate will hold
- B) A fight method used by couples in a heated argument
- C) A visual method of portion control
- D) way you can measure how much broccoli a child eats

ISOFLAVONES are:

- A) Vitamins taken in the morning for energy
- B) Minerals needed for brain function
- C) Plant equivalent of female hormones lost at menopause
- D) Age spots you get on your hands

These are questions that can be used for the first contestant.

The ideas for the questions came from the Choice Is Yours.

There are sets of 5 questions for each contestant.

2nd set of questions:

Resistance Exercise:

- A) is saying no to a hot fudge sundae
- B) develops strength and muscle mass
- C) is avoiding the TOPS officers when they need a program
- D) is doing leg lifts and jumping jacks regularly

What % of Obesity is caused by Genetics:

- A) 2 - 8 %
- B) 25 - 40%
- C) 60 - 75%
- D) 100%

Which one of these activities is a safe exercise for most people:

- A) Bungee Jumping
- B) Sky diving
- C) Bull riding
- D) Walking

The average time taken to consume a burger, french fries, and milk shake is

- A) 45 seconds
- B) 15 to 20 min.

- C) 2 days
- D) 4 1/2 minutes

Folic acid promotes red blood cell formation, it is found in:

- A) Liver and onions
- B) beans and orange juice
- C) onions and tomatoes
- D) chicken and brussel sprouts

An example of the "meat" category of the food pyramid is:

- a) pound cake
- b) beef
- c) grapes
- D) canvas shoes

What is the range of acceptable wt. gain during pregnancy?

- A) 80-90 lbs
- B) 10 - 18 lbs
- C) 25 - 40 lbs
- D) 25 - 28 lbs

You burn approximately 300 calories an hour by:

- a) chasing your dog down the alley at a fast pace
- b) reading a spicy novel
- c) walking at 3 miles per hour
- d) running 5 miles per hr

BMI means:

- a) body measurement increases
- b) Bad minor injury
- c) body mass index
- d) bother me indirectly

BIOTIN is:

- A) a Biological condition regulating emotions
- b) a water soluble vitamin that aids metabolism of fat
- c) a secretion from the gall bladder when diseased
- d) an allergic reaction to various metals

A serving of orange juice is:

- a) 1 qt.
- b) 1/2 cup
- C) 2 tablespoons
- d) 1 gallon

Obesity is associated with what 4 serious health problems:

- a) arthritis, high blood pressure, earache, and cancer
- b) diabetes, gout, tennis elbow and nosebleed
- c) cancer, high blood pressure, diabetes, and heart disease
- d) big boobs, jiggle hips, swollen ankles and sunburn

what is the normal blood sugar level:

- a) 50-75 mg
- B) 200-225 mg
- c) 80-110 mg

**d) 10 -25 mg**

Which of these activities is not an aerobic activity:

**a) Running from the police department**

**b) cross country skiing**

**c) lifting weights**

**d) bicycling**

The recommended daily intake of vitamin E is:

**a) 100 mg**

**b) 12-15 IU**

**c) 50 IU**

**d) 75-100 IU**

As you can see there was some humor added to the questions, but the real question and right answer was taken from the Choice Is Yours.