

TOPS Jeopardy

Ask for three volunteers before meeting. Give the announcer the script ahead of time to practice quietly. The other two volunteers, become the contestants. (just let 'em volunteer, without knowing what they are volunteering for - heh heh)

Beginning Announcer Script:

This - Is - TOPS - Jeopardy!!

Now entering our studio are today's contestants:

**Contestant #1 is _____, a
_____ from _____, {your state}**

**Contestant # 2 is _____, a
from _____, {your state}**

And now, here's your host, _____!!

Place the questions (hidden) on a thick poster board and pull them off and read them as the contestants picked them:

Nutrition:

\$100 - You should drink at least 8 glasses of this a day (water)

\$200 - Experts say we should get at least 20-35 grams of this each day (fiber)

\$300 - One serving of this food is 1 oz or one square inch (cheese)

\$400 - Instead of mayo, use this on your sandwiches (mustard or similar)

\$500 - One teaspoon of table salt contains this much sodium (2300mg)

Fast Food:

\$100- It's best not to ask for this when ordering a value meal (what is super sizing or enlarging)

\$200 - A bean burrito from this rest. is one of its healthier items (Taco Bell)

\$300 - We have many sandwiches under 6 grams of fat (Subway)

\$400 - I might fill you up but offer no nutritional value (soda)

\$500 - It is better to order your chicken this way then fried (baked or grilled)

Awareness:

\$100 - If it is to be, it is up to (me)

\$200 - A good place to get motivational support each year (ARD, SRD or IRD)

\$300 - I help release endorphins and other feel good things in your brain (exercise)

\$400 - You should set these and reach for them rather then worry about all your weight at once (mini goals)

\$500 - Before eating, ask yourself this (Am I hungry?)

Exercise:

\$100 - I am one of the best and simplest forms of exercise (walking)

\$200 - You should do this after exercise (stretch)

\$300 - You do this exercise while laying on your side (leg lifts)

\$400 - Some experts say these are more effective then sit ups (crunches)

\$500 - You should exercise at least this long, 3-5 times a week (30 minutes)

End of Game AWARDS announcement: *(this, of course, can be changed according to the prizes awarded)*

Today's contestants each receive the thrill of playing TOPS Jeopardy. No doubt all their friends and neighbors will be overcome with jealousy!

Today's second place winner will receive this beautiful mug with this delightful lighthouse, which follows the "TOPS Lights the Way" theme for 2002.

Today's grand prize winner will take home this precious lighthouse keeper figurine, which will help light the way toward future weight loss success!

Another variation on the TOPS Jeopardy

You can download an mp3 version of the show music to play during the "big" question :) Mount the questions and answers on a sheet of bristol board under the appropriate headings.

Baby, You're the TOPS!

This number identifies our tops chapter.

a) What is [your chapter number]

This woman acts as our Area Captain.

a) Who is [name your area captian]

TOPS was founded in 1948 by this woman.

a) Who is Ester Manz?

This city will host Tops IRD this year.

a) What is Ottawa?

TOPS Theme for 2002, was sure to offer you "good guidance"

a) What is "TOPS Lights the Way?"

Iron Supplements

The optimum heart rate during aerobic exercise is referred to as this.

a) What is target?

Strength training is known to increase muscle mass and this density.

What is bone?

The biggest advantage of this form of exercise is that buoyancy reduces a person's "weight" by 90%. Therefore, weight bearing muscles, bones and joints have less stress put upon them.

a) What is swimming?

Bodybuilding and other exercises that rely on the energy produced without oxygen are called this.

a) What is anaerobic?

This low risk and easy to start exercise program is one of the most popular workouts in North America and its benefits include Reducing blood cholesterol, lowering blood pressure, Increasing cardiovascular endurance, Boosting bone strength Burning calories and keeping weight down

a)What is walking?

Get your fats straight

The number of calories said to equal 1 pound of fat.

a) What is 3500?

This fat is considered "good" and is proven to lower cholesterol levels.

a) What is Monosaturated?

Susan Powter started this diet revolution promoting low fat eating.

a) What is Stop the Insanity?

Considered the "worst type of fat" it is still not listed under Fats on package labeling but new legislation may make it mandatory.

a) What are Trans-fatty acids?

BMI or Body Mass Index is used to calculate this.

a) What is percentage of body fat?

Just the "snacks" ma'am

This sweetener contains 15 calories per teaspoon.

a) What is sugar?

This egg white based cake is a much lower fat choice than Devils food.

a) What is Angels Food?

This snack is all natural, loaded with fiber and nutrients and comes in many popular flavors.

a) What is fresh fruit?

In 1984 Diet Pepsi was reformulated to include this artificial sweetener.

a) What is aspartame?

This low cal but tasty flavoring comes from a bean and can be purchased in French, Artificial or pure extract forms.

a) What is Vanilla?

