WHICH IS WORSE?

MOCK TV GAME SHOW

Presenter: Diane Titterington (2014 Central District SHAPE America Health TOY; 2013 KS Health TOY)
dtitterington@tong464.org USD 464 Tonganoxie, KS (913) 909-7221 c

National Health Standards: 1, 3, 5

Objective: To have a fun format for students to review/understand how to make better choices when choosing foods, and to help them understand that one can't always tell which foods are nutritionally better/worse just by looking at them. They will better understand that they need to read the nutrition facts information for food items in order to really know the nutritional value of food.

NOTE: This mock TV game show idea can be easily used with any health concepts, not just nutrition.

Overall Game Idea: The teacher will pretend to be the host of a TV game show called, "Which Is Worse?", and will call up one student at a time to come sit on a stool and be a contestant. ("Hamming it up" really adds to the fun of this activity.) Two to three food items/packages at a time will be displayed on a taller cart/table from which the contestant will choose which item is the worst. If the contestant is correct, an empty bag is shook out over his head (which means his answer is correct) and classmates stand up to do a 5 second silent victory dance. The contestant then is told of a really nice pretend prize he has won. If his answer was incorrect, he gets "slimed" by the game show host (teacher), but still wins a funny pretend consolation "prize". Reasons for the correct answer are briefly discussed. Another student is then called up to the stool to be the next contestant.

Equipment: 12 -16 paper grocery sacks, depending on how long you will play the game
"Slime" items (I've used Christmas garland, paper cups, Styrofoam/paper cups, packing peanuts strung together w/ thread, beanie babies, scarves, dry wash cloths, fluff/yarn balls, long ribbons, etc. Nothing wet/messy.)
3 food packages/wrappers/items for **each round** you plan to play
Written cards for any items/categories not having a displayed package/wrapper
Stool for the contestant
Fake microphone for the game show host (optional)
A, B, and C tent signs
Tall cart, podium or similar raised, large surface on which to put the game items (I put a large lap board or other thin board on a cart/podium to give me a larger display space.
Paper slips filled out with pretend winning/consolation prizes the contestants will win
Answer sheet for the teacher
Box/tote in which to put all food items to be later displayed for the TV show

Preparation ahead of time:

- Decide which food items (fast food/snacks, etc.) you want to use for the game. For the greatest effect, have the food item's container (wrapper, cup, package) to display for the game. The fast food restaurants will usually give you a couple of these for free if you tell them why you want them. Also get the nutrition facts information—available on-line or at the restaurant-- for these items so you will know which is worse. (When determining which is worse, you can base the

decision on its overall nutritional value or to just one particular nutrition category—ex. calories). I try to choose items that, when compared, one is the worst in most/all categories.

- Make cards with the food item names written on them and then tape these onto the front of the various food wrappers/pkgs/cups so contestants can clearly tell what each item is supposed to be showing.
- Make A,B, and C card tents
- Prepare half of the paper grocery bags by opening them up and then simply rolling down the tops of them so it looks like something is in them. Fill each of the other paper bags with a "slime" item. You can use anything that is soft, light-weight and can be very quickly picked up afterwards (See slime suggestions listed above under "Equipment needed".) Roll the tops down on these bags so they will look just like the unfilled bags. Place some kind of inconspicuous markings on the bags so you can easily tell which bags are filled and which are empty, but would be unnoticed by the students.
- Make slips of paper/cards to list the game prizes. These will be pretend prizes (unless you prefer to have real prizes for them to win). For the winners, write things like a new bike, red Porsche sports car, 6 Super Bowl tickets, all-expense paid trip to Disney World/Hawaii, a hot air balloon ride, cruise to the Bahamas, etc. For the consolation prizes, write down things the students really wouldn't want and would seem funny to everyone (5 new toilet plungers, all-expense paid trip to their hometown/neighboring town, 3 half-eaten suckers, year's supply of Kleenex, 70 year old outhouse, snowman, 2 pr. dirty socks, etc.)
- Print off enough copies for each student to have a copy of a side-by-side comparison of the nutrition labels of the last round's food items so students can intelligently figure out which item is worse by looking at this sheet of nutrition labels.

Set-Up:

- Put the tall cart/table slightly off to the side in front of the class.
- Place the A/B/C card tents on this display cart/table.
- Place the contestant's stool in the front away from the display cart, but close enough so the contestant can still see the food items that will be displayed.
- Place the box of game items under/near the cart, but so students cannot really see what is in the box.
- Place the prepared brown grocery bags along the wall at the front of the room so they are out of the way, yet still easily accessible.
- Put the papers/cards listing the prizes on them in your pockets or on the cart, being sure to Separate them into two piles (winning and consolation prizes).
- **OPTIONAL:** Have paper and pencils available for all students so they can write down their guesses for each round before the correct answers are given to the contestant so they can see how well they do in the game, too.

Game Directions:

1. The teacher will pretend to be a TV game show host and will welcome everyone (the students) to the new TV game show called, "Which Is Worse?", in which a willing contestant will be selected from the audience and will have to decide which of the two to three items displayed is the worst. Explain that each contestant will play one round and that correct answers will result in an empty bag being shaken over their head, but that incorrect answers will result in the contestant being "slimed". (Tell them it will be fake slime). Briefly highlight the rest of the

game procedures (listed below), as little or as much as you'd like them to know before the game starts.

2. Begin playing the game by calling up a willing contestant and having him/her sit on the stool. Set out the first round of food items next to the A/B/C card tents. Tell the contestant what the three choices are and then ask him/her, "which is worse?" (Kids love it if you really get into your role as the game show host.) Option: Have the audience write down their guesses for each round prior to keep track of how well they do, too.
3. Contestant will make his selection. If the answer is correct, the host (teacher) will pick up one of the bags marked as an empty bag and will dramatically open it and shake it out over the head of the contestant. When nothing falls out, the contestant knows they got the answer correct. The audience will then quickly stand up and do a 5 second silent victory dance in celebration of the correct answer and then quickly and quietly sit back down. (Option: You could turn music on/off for this.) The host (you) will then quickly explain why that item was the worst item of the three. He will then congratulate the contestant and announce what wonderful prize he/she has won. Have the contestant move the empty bag off to the side away from the other bags.
4. If the contestant gets the answer incorrect, the host will select a brown bag marked as having slime in it. Again, the host will dramatically shake out the bag over the head of the contestant, only this time he/she will get "slimed", letting them know their answer was incorrect. Again, quickly explain why that choice was incorrect and which item was actually the worst and why. Tell the contestant that, although he did not choose correctly, you still have a consolation prize for him/her. Announce his consolation prize and then have him quickly pick up his slime and put it back in the bag, and then set it off to the side.
5. The teacher (host) then calls up another contestant and then switches out the 3 food item choices for a new round. Keep repeating this until your allotted time for this game is almost over.
6. For the last round, set out the 3 items of which you prepared side-by-side nutrition label comparison copies. After the contestant has made his choice, and before you give the answer, pass out the copies of these three nutrition labels and have the students and the contestant study them and decide if they think the contestant is right or wrong in his initial guess. After a couple minutes, ask the class (and the contestant) if they now think the correct answer is A, B, or C. Choose the correct bag and dump it out over the contestant's head, just like before, revealing if he was originally correct or not with his first guess. If he was correct, have the audience dance one last time. Explain which is the worst food item and why, and then award his/her "prize".
7. When appropriate, inform students how they can sometimes have a pretty good idea of when some foods would be worse than others, even without seeing the nutrition label, because of how it was prepared (fried or grilled), serving size, extra add-ins like candy pieces, extra salty spices (like on Arby's curly fries), etc. But also, point out that one cannot accurately tell a food's nutritional value without looking at the nutritional facts label. (I purposely select some items for the game to prove these points.)
8. When you've completed your last round, thank the audience and contestants for coming today and remind them that, using the knowledge they've learned, although they can make an educated guess as to the nutritional value (or lack thereof) of a food item, they need to read the label to truly know… "Which is Worse"!

SOME EXAMPLES OF ITEMS YOU COULD SHOW:

(As of Jan. 2014)

SAMPLE ROUND QUESTION: "Which is worse…..Fritoes or carrots?"

(You could choose a humorous sample round question, too.)

ROUND 1: McDonald's sm. Fries, Arby's sm. Fries, or Burger King sm. Fries? ***[Arby's fries]***

ROUND 2: Pepperoni pizza, meat-lover's pizza, or cheese pizza? **[meat-lover's pizza]**

ROUND 3: Skipping breakfast or having dessert for breakfast? **[skipping breakfast]**

ROUND 4: Sonic onion rings or Sonic fries? **[onion rings]**

ROUND 5: Chik-fil-A coleslaw or Chik-fil-A side salad? **[coleslaw]**

ROUND 6: McDonald's Filet-o-fish, or Burger King hamburger? **[Filet-o-fish]**

ROUND 7: Sonic chocolate malt or Oreo Sonic Blast? **[Oreo Blast]**

ROUND 8: Nacho Cheese Combos, Reg. Pringles, or Bugles? ***[Bugles]***

Pringles

NUTRITION FACTS
Serving Size 1 Ounce
(28 g, approx. 15 crisps)
Servings Per Container approx. 7

Amount Per Serving	
Calories 150	
Calories from Fat 80	
	% Daily Value*
Total Fat 9 g	14%
Saturated Fat 2.5 g	13%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 95 mg	4%
Total Carbohydrate 16 g	5%
Dietary Fiber less than 1 g	3%
Sugars 2 g	
Protein 1 g	

Vitamin A 0% • Vitamin C 6%
Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Bugles

Nutrition Facts
Serving Size 1 1/3 cups (30g)
Servings Per Container about 4

Amount Per Serving	
Calories	160
Calories from Fat	80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 8g	**40%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 310mg	**13%**
Total Carbohydrate 18g	**6%**
Dietary Fiber less than 1g	**2%**
Sugars 1g	
Protein 1g	

Not a significant source of vitamin A, vitamin C, calcium and iron.

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Degermed Yellow Corn Meal, Coconut Oil, Sugar, Salt, Baking Soda. Freshness Preserved by BHT.

MAY CONTAIN MILK AND WHEAT INGREDIENTS.

DISTRIBUTED BY GENERAL MILLS SALES, INC.,
MINNEAPOLIS, MN 55440 USA

Carbohydrate Choices: 1

UPC 3240499105

Combos
(Cheddar Cheese Pretzels)

Nutrition Facts
Serving Size 1 oz (28g/about 1/3 [illegible])
Servings Per Container about 6

Amount Per Serving		
Calories 130	Calories from Fat 45	
		% Daily Value*
Total Fat 5g		8%
Saturated Fat 3g		15%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 300mg		13%
Total Carbohydrate 19g		6%
Dietary Fiber 1g		4%
Sugars 4g		
Protein 2g		

[illegible] • Vitamin C [illegible]
Calcium 4% • Iron [illegible]
Riboflavin 6%

*Contains less than 2% of the Daily Value of these nutrients.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

WHEAT FLOUR, VEGETABLE OIL (PALM KERNEL OIL, PALM OIL AND/OR HYDROGENATED PALM OIL), WHEY, MALTODEXTRIN, FOOD STARCH-MODIFIED, SALT, LESS THAN 1.5% - CHEESE BLEND (BAKERS & CHEESE, PARMESAN, ROMANO [MILK, CULTURES, SALT, ENZYMES