

Science/adaptable to any subject/recall exercise: The Drop

Suitable for KS3 (adaptable to other age groups)

Overview:

Designed for a year 8 science module (health and nutrition, but adaptable to any subject).
A good recall game. I adapted this from the TV quiz show 'The Drop.'

Suitable for individual learners, or partners/groups.

Each team/individual (depending on how many learners you have at home) starts with 20 'credits' (I made these out of coloured pieces of scrap paper).

Set up a table with letters 'A', 'B' and 'C' on three separate pieces of paper (copies of this resource at the end of the document).

The teams will be asked a multiple-choice question. The teams have 20 seconds to decide which answer to put their credits on. They may split their credits across 2 or 3 answers, but any credits placed upon a wrong answer will be lost.

For example:

Which nutrient is used for growth and repair?

A) Protein

B) Vitamins

C) Carbohydrate

If the team put 15 credits on A) (Protein) and 5 credits on C) (Carbohydrate) they would lose 5 credits in this round.

The team with the most credits left at the end is the winner.

Questions: (the correct answer is highlighted in green)

Which nutrients provide energy?

- A) Vitamins and Minerals **B) Carbohydrates and Lipids** C) Protein and Fibre

What is the word used to describe someone who is not getting enough of a particular nutrient?

- A) Starving
B) Deficiency
C) Alcoholic

What do we need fibre for?

- A) To help move food through the gut**
B) To help us sleep
C) To help break down food molecules in the stomach

How much of your body is made up of water?

- A) 50% B)60% **C) 70%**

Which of these foods is main source of fat?

- A) Oils, butter, nuts**
B) Bread, pasta, potatoes
C) Beef, chicken, cod

What health problem is a diet that contains too much fat likely to cause?

- A) Weight gain leading to obesity and heart problems**
B) Rickets
C) Flu

Which of these foods is a main source of protein?

- A) Apples, pears, bananas
B) Cheese, meat, fish
C) Potatoes, rice, corn
D)

What happens if you eat too much carbohydrate in your diet?

- A) The excess carbohydrate is converted into fat**
- B) The excess carbohydrate is excreted
- C) You are more likely to catch a cold

If someone isn't eating enough food, they could be described as:

- A) Diabetic
- B) Obese
- C) Malnourished**

What happens to your body if your diet is deficient in vitamins?

- A) You have a lack of energy
- B) You are likely to have a poor immune system**
- C) You are likely to get constipated

Which food group is a good source of calcium?

- A) Meat and fish
- B) Fruit and vegetables
- C) Dairy products**

Why is iron important in a balanced diet?

- A) It makes you strong
- B) It improves your body's immunity
- C) It helps your blood vessels transport oxygen around the body**

What nutrient can be difficult to get in a vegetarian diet?

- A) Fibre
- B) Protein**
- C) Carbohydrates

People who suffer from scurvy are deficient in which Vitamin?

- A) Vitamin A
- B) Vitamin B
- C) Vitamin C**

A

B

C