

Team Building Activity

How Much Do You Know About Fats and Oils? Quiz

Focus Area: Healthy Eating Activity

Description: This 14-question quiz tests your nutrition knowledge on fats and oils. In this activity, participants can work individually or as a team to answer the quiz.

Length of Activity: The length of this activity will depend on how you structure this it, but it can be shortened as desired.

In-person or Virtual: This activity can be conducted virtually or in-person.

Materials Needed:

- [How Much Do You Know About Fats and Oils? Quiz](#), printed copies (if in-person)
- [How Much Do You Know About Fats and Oils? Quiz Answer Key](#)
- Prize(s) (optional)

Ways to Play:

There are several ways you might structure this quiz to determine winners.

- Virtual or in-person – If facilitating this activity virtually, determine how you'll share the How Much Do You Know About Fats and Oils? Quiz. For example, sharing your screen, sharing it ahead of time or in the meeting chat.



- One-on-one or team vs. team – Participants can work individually or as a team to solve the quiz. Teams work best in-person.
- First to complete or first answer correct – There are several ways you can determine individual or team winner(s) for this activity, such as:
 - Awarding points to the participant or team who gets each quiz question correct, and the participant with the most points at the end wins.
 - Sharing the entire How Much Do You Know About Fats and Oils? Quiz, and the first participant or team to complete the quiz wins.
 - Allotting participants a certain amount of time to answer as many quiz questions as they can, and the participant or team with the most correct answers wins.

Directions:

1. Share the activity (including materials needed, if any) and how you'll be playing.
2. At the end, award your winner(s) and prizes, if applicable.

