



## Lesson 4

### C-Store Trivia



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**



**RUTGERS®**

# Lesson 4: C-Store Trivia

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**Core Curriculum Area:** Dietary Quality

## Objectives

Teens taking this class will:

1. Identify common corner store/bodega snacks that are high in fat, salt, and/or sugar.
2. Describe healthier snacks that have similar tastes to the less healthy snacks, like sweet or crunchy.

## Behavioral Focus

This lesson prompts teens to:

1. Choose healthier options at corner stores/bodegas.
2. Evaluate food choices using the Nutrition Facts Label.
3. Reduce portion sizes of foods high in fat, salt, and/or sugar.

## Background

**Why is a lesson about corner stores so important for teens?**

Four out of 10 teens eat 3 or more snacks each day.<sup>1</sup> Over 20% of teens' fat intake and 30% of their sugar intake comes from snacks.<sup>2</sup> This can lead to excess weight gain and chronic disease. Teens from low-income families might even snack more than their peers.<sup>3</sup> As teens get older, they have more control over the foods they eat. This is because they often spend less time with their family and have more spending money. This control over what they eat includes snacks.<sup>4</sup> One study found that teens in Baltimore, Maryland spend about \$4 every day on snacks, mostly in corner stores!<sup>5</sup> But corner stores do not always have as many healthy options as other stores, like grocery stores.<sup>6</sup>

**How does C-Store Trivia help them make better choices?**

We will not be able to stop teens from snacking. Nor can we convince them to stop going to corner stores to buy snacks. So, in *Rev It Up!*, we instead focus on showing teens how to make healthier choices when they are at a corner store.

*C-Store Trivia* is similar to the *Jeopardy*<sup>®</sup> game show. But the 5 categories are all types of snacks that teens

may buy at a corner store: sweet, salty, crunchy, chewy, and drinks. Each clue describes a popular snack that is not very healthy. As the teens solve the clues, tip slides will suggest healthier snacks they could buy at a corner store instead. Other tip slides will suggest reducing the portion size or using the Nutrition Facts Label to compare choices. All of these are ways to eat a little healthier!

## Why not focus on fast food instead?

We used to! Teens consume a larger percentage of calories, fat, and sugars from fast food than any other age group.<sup>7</sup> In fact, from 2017-2018, one-third consumed fast food daily, making up nearly one-fifth of their calories!<sup>8</sup> Teens who eat more fast food also drink more regular soda and other sugar-sweetened beverages (SSBs) than other teens.<sup>9</sup> Thus, teens who eat fast food are at a higher risk for poor diet and excess weight gain.

But we had issues with our "Fast Food Trivia" game. Fast food restaurants change the items on their menu quite often. So, we often had examples of foods on our slides that were no longer on the menu! The types of restaurants also vary greatly by state and neighborhood. For example, in South Dakota, many rural towns have no fast-food restaurants, or just 1. In contrast, corner stores are common all over the country, and the foods and drinks they sell are similar.

If you notice that the teens you teach eat a lot of fast food, or if there are many restaurants by the school/site you teach at, you can add fast food examples to this lesson, as well as *Take Control of Your Portions!* and *Mission Possible!* (Lessons 7 and 9).

# Works Cited

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## Materials Needed

### Activity 1: Drink for Your Health

- ☐ Computer, projector, and speakers (or) SMART Board®
- ☐ C-Store Trivia Game
- ☐ C-Store Trivia Answer Key, 2 copies
- ☐ C-Store Trivia Score Card
- ☐ C-Store Trivia Team Posters
- ☐ Bells/buzzers, 1 per team
- ☐ Stopwatch (you may use your phone)
- ☐ Pens, 1 per team
- ☐ Clean sheets of paper, 1 per team

### Prepare to Teach

1. Read the lesson plan and learn the game's rules.
2. Search the Internet for videos of the Jeopardy® show. This game is a bit more serious than Family Feud®, but you can still make it fun! The teens like it when you act a little silly.
3. Download the C-Store Trivia Game on a portable storage device.
4. Practice using the slideshow.
  - The game starts on slide 4.
  - Clicking on the point value for a category will bring you to the respective “answer” clue.
  - To show the slide with the “question” solution, press the spacebar or right arrow key to advance the slide. Click on the star on the bottom left of the screen to get back to the game board.
  - Play around with the slides until you are sure you know how to use them. Be sure you can teach the teacher how to run them.
5. Print out 2 copies of the C-Store Trivia Answer Key. One is for you, and the other is for the teacher. You may wish to laminate these for future use.
6. Download and print the C-Store Trivia Team Posters. These are 22-by-28 inches by default. You can either print them in house or take them to a print shop. Or you can create your own posters with poster board and markers. Laminate them for future use.

#### Practice until the activity lengths are:

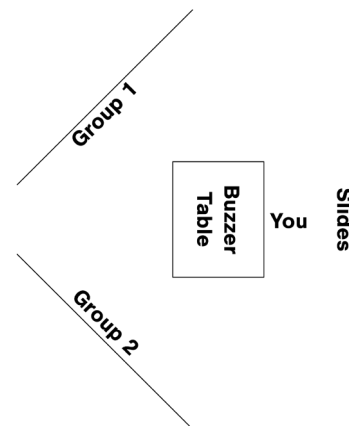
- **Introduction:** 2 minutes
- **C-Store Trivia:** 30 minutes
- **Wrap up:** 3 minutes

**This will allow for the lesson to be taught in 35 minutes.**

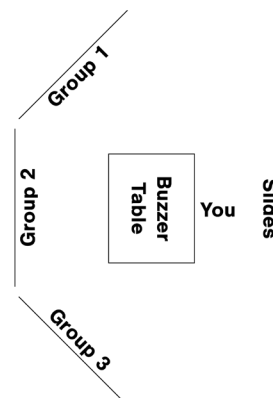
## Lesson Plan

### Set-up

1. Set up the computer and projector or SMART Board® and load the C-Store Trivia Game.
2. Remind the teacher:
  - You need his/her help with the game today. Show the teacher how to operate the PowerPoint® (refer to Step 4 in “Prepare to Teach” if you need to). Also, ask if he/she can keep score for you.
  - Provide the teacher with 1 copy of the C-Store Trivia Answer Key and the C-Store Trivia Score Card.
3. Arrange the tables/desks for the game:
  - If there are 20 or fewer teens, plan for 2 teams. Arrange the desks/tables in 2 groups, as shown on the picture below. Make sure all will be able to see the slides. Put 2 bells/buzzers on a table in front of where you will stand.



- If there are 21-30 teens, plan to have 3 teams. Put the desks/tables in 3 groups, as shown in the picture below. Make sure all will be able to see the slides. Put the 3 bells/buzzers on a table in front of where you will stand.



4. Hang the C-Store Trivia Team Posters on the front or behind each group's desks/tables.

We do not recommend playing the game with more than 30 teens. It gets very hard to keep them all focused!

## Introduction (2 minutes)

1. Greet the teens as they walk in.
2. Ask if anyone did 60 minutes of MVPA yesterday. Also, ask if anyone made any better drink choices since last time. Take a few student comments after each question.

## Activity I: C-Store Trivia (30 minutes)

1. Start by letting the teens know they will be playing a trivia game today. But this is a special game of trivia called "C-Store Trivia". All the clues will be snacks you might find at a convenience/corner store (c-store) or bodega.
  - Mention that many times, we go into a corner store/bodega to grab something quick to eat. But the food we choose may not be the healthiest.
  - Many common corner store foods, like candy, chips, and soft drinks, are high in fat, salt, and/or sugar. When we have too much of these nutrients, it is not good for our bodies. It can lead to excess weight gain or even chronic disease.
  - But there are healthy foods you can choose at a corner store/bodega. Tell the teens you will discuss them during today's game.
2. Split the class into teams for C-Store Trivia. This should be easy if they are already sitting at the desks/tables you moved. Assign the teen sitting in front of each bell/buzzer as team captain.
3. Ask them if they have watched Jeopardy® on TV and know the rules (most will). Explain the rules anyway in case some don't know, using slides 2 and 3.
  - Instead of playing for money, they are playing for points. The team with the most points will win.
  - There are 5 categories that describe different kinds of snacks at c-stores: Sweet, Salty, Crunchy, Chewy, and Drinks.
  - When a team is ready to answer, the team captain should ring the bell/buzzer. Only the captain can answer for the team!
  - The answer should be in the form of a question,

just like the trivia show. If they get it right, they win the points. If not, they lose the points, and the other team(s) can answer.

- The winner gets to choose the next clue.
- Show the example on Slide 5 to show how to answer in the form of a question.

4. Channeling your inner Ken Jennings, say, "Let's play C-Store Trivia!" Have the teacher move to Slide 4.
5. Say you flipped a coin backstage, and the Blue Team gets to go first. Have them choose a clue.

We "flipped a coin backstage" because actually flipping a coin or playing rock-paper-scissors to see who goes first takes too long!

6. Read the clue out loud. When a team hits the bell/buzzer, let them answer. If they get it right, award them the points and have the teacher record it. If they get it wrong, give a chance for the other team(s) to ring in and answer.
  - If the teams are taking too long, start counting down from 10. If no one guesses by the time you get to 0, move on.
7. If a team gets the clue right, or if everyone gets it wrong, or if no one guesses, have the teacher advance the slide to reveal the answer and the tip. Have a student from the winning team (or a random student if no one won) read the tip out loud.
8. Cue the teacher to click the star on the bottom left of the screen to bring it back to the game board.
9. Play as many rounds as you can, saving some time for the Final Trivia round.
10. For the Final Trivia round, ask each team to get out a piece of scrap paper. Have them write their team name, and how many points they want to wager on their answer (up to all their points). Collect all the scrap papers before showing the question.
11. Cue the teacher to reveal the Final Trivia question. Give them 1 minute to come up with their responses, using a stopwatch or your phone. Have the teacher click on the audio graphic to play the Trivia song while you wait!
12. When time is up, have the captains say their teams' guesses out loud. Reveal the answer slide, and the winner of Final Trivia. Add or deduct from each team's score based on their wagers. Ask a teen from the winning team to read the tip.
13. Have the teacher add up all the points and declare a winner. Have everyone clap for the winning team.

## Wrap up (3 minutes)

1. Ask the teens what they learned today and if they will do anything different the next time they are at a c-store. Were they surprised by any of the tips they learned?
2. Let them know that during the next lesson, they will be playing a game similar to Supermarket Sweep®. Urge them to look up the TV show Supermarket Sweep® on YouTube if they have never seen it before. They will also do more walking to get some of their MVPA in for the day.

After the lesson is over, remind the teacher what her/his role will be for the next lesson. You may want to send an email like this:

*I hope the last lesson was fun for your students, but more importantly I hope it helped them make some better choices the next time they went to a corner store! The next time I come, I will need your help running the slides again. I've attached them in case you want to play around with them before next time. The next game focuses on making healthy choices that are also good for the planet! Also, we'll be walking indoors again. I look forward to seeing you then! (Remember to attach the Lesson 5 slides!)*



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