

# Simply SOY

# BINGO

Developed by:

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## Target audience

Adults or older youth

## Before the lesson

- Photocopy and cut out numbers 1 to 24 and place them in a bowl, hat, etc. (Keep the original sheet with the lesson.) If you have limited time, you may want to preselect questions that you wish to emphasize.
- Have small prizes available for the winners. (If you play to the end, everyone will have a “blackout” because the answers are on every card.)
- Distribute one bingo card to each player. You may wish to laminate the cards so they last longer. (You can use erasable markers to mark the cards if laminated.)
- Distribute pennies, dry lentils, buttons, pieces of paper, etc., to players to mark their bingo cards.

## Rules

- The instructor or designated leader should draw the numbers and ask the questions.
- If you have limited time to play, you can choose the questions/answers you want to highlight ahead of time and just include the numbers of those questions in the “hat.” Or you can preselect the questions and read them in order.
- Read the question and allow time for participants to find the answer.
- The answers will be on the bingo cards. Give the players 10 seconds to figure out the answer before you tell them the answer. After you give them the answer, allow them time to mark it on their card with a dry bean, penny, button, etc. Reinforce the correct answer by providing some additional information.
- A “bingo” occurs when a person gets five across, diagonally or down and calls out “Soy!” The leader should check the card to make sure it’s a “bingo.” Continue to play until “blackout” if desired. Or try these variations: four corners, stamp or kite. (You may wish to create a poster showing the variations.)
- To “bingo” in a blackout game, the winner must have every space on his or her card filled.
- If you choose to play a variation game other than blackout, the only way to win is to fill the spaces that correspond to the game you choose. For example, if you are playing for a kite, the only way to win is to get a kite in any of the corners. If someone gets five across, diagonally or four corners, it’s not a bingo because the participants are playing for a kite.

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This purpose of this bingo game is to learn about soy foods in a fun format. Please listen closely to the questions and find and mark the answer on your card. When you have a bingo, call out "Soy!"

## Questions

**1. Where did the soybean plant originate?**

Asia

*Comment: The soybean has been a staple in the Asian diet for more than 5,000 years.*

**2. What is the recommended serving size of soybeans?**

½ cup of soybeans

*Comment: According to MyPlate, a half-cup serving of soybeans can count toward a serving of vegetables or a serving of protein.*

**3. What fatlike substance in meat is not found in plant products such as soybeans?**

Cholesterol

*Comment: Soybeans are cholesterol-free, unlike meat sources. Cholesterol is derived only from animal products such as meat and dairy.*

**4. What kind of cholesterol is lowered by soybean consumption?**

LDL

*Comment: LDL cholesterol stereotypically is known as the "bad" cholesterol because high LDL cholesterol can lead to artery blockages and heart attacks.*

**5. What family of plant foods includes soy?**

Legumes

*Comment: Legumes are a good source of protein.*

*Legumes also are good for the soil because they can fix nitrogen within their root systems.*

**6. Soy is used in high-fat foods to help blend the fats for a smoother texture and palatability. What is this process called?**

Emulsification

*Comment: Soy ingredients are used as emulsifiers in products such as bologna, sausage, breads, cakes, soups and whipped toppings. This means they help "hold together" or stabilize the ingredients.*

**7. In the food processing industry, soy is used to help a food product hold moisture. Soy also enhances the product's texture and helps bind the ingredients together. In what foods is soy used for these purposes?**

Bologna/sausage

**8. According to the U.S. Department of Agriculture, how many grams of soy protein are required in a low-saturated fat and low-cholesterol diet to experience a reduced risk of heart disease?**

25 grams

*Comment: Some soy products carry a health claim. Soy protein specifically is responsible for the claim of reducing the risk of coronary heart disease.*

**9. Along with peanuts, milk, tree nuts, shellfish, wheat and eggs, soy is one of the top \_\_\_\_\_.**

Allergens

*Comment: Approximately 0.4 percent of children are allergic to soy, and many outgrow the allergy with time. The severity of the allergy can differ with each individual, but you must be cautious of all potential sources of soy. If a food product contains soy, that information is found with the ingredient statement.*

**10. What type of tofu holds its shape and is best used for grilling?**

Firm tofu

*Comment: Firm tofu is drained and pressed using heavy weights to get rid of excess moisture. Firm tofu has the texture of firm custard.*

**11. What type of tofu is best used in blended recipes such as smoothies?**

Soft tofu

*Comment: Soft or "silken" tofu has the highest water content and is made from coagulating soymilk without curdling it.*

**12. What is another name for soybeans that are harvested when still green and sweet?**

Edamame (pronounced Ed-uh-mahm-may)

*Comment: Edamame is prepared by picking the whole green pod before it ripens. Edamame typically is prepared by boiling the entire pod in water, seasoning with salt and shelling by hand.*

**13. What product is created from fermented soybeans?**

Soy sauce

*Comment: Soy sauce is made from the liquid pressed out of a mixture of fermented soybean paste, roasted grain, brine and a certain mold.*

**14. What product is made from the fluid produced from soaking and straining soybeans?**

Soy milk

*Comment: Unfortified soy milk can lack nutrients found in similar beverages such as milk. Make sure you are picking a fortified version of milk to get the best and most healthful option.*

**15. Vegetable oil usually is composed of a blend of oils. What type of oil is the most common in this blend?**

Soybean oil

*Comment: Soybean oil is high in polyunsaturated fats and typically is used for frying, baking and in salad dressings.*

**16. What is the name of the Indonesian-derived food made of fermented soybeans and grains mashed together in a patty?**

Tempeh (pronounced Tem-pee)

*Comment: Tempeh usually is prepared by cutting it into pieces, soaking it in a flavorful sauce and frying. It commonly is eaten alone or in chili, stir-fry, soup and salads.*

**17. What soybean product is derived from the protein of the plant and used as a flavor enhancer in items such as soups, sauces and flavoring blends?**

Hydrolyzed vegetable protein

*Comment: Hydrolyzed vegetable protein (HVP) is used in products to restore the inevitable flavor loss in foods that have been canned, frozen or dried.*

**18. Soybean products are a great source of what nutrient? (Hint: Our muscles and tissues need this nutrient for maintenance.)**

Protein

*Comment: Plain soybeans in their original form have the most amount of protein at 15 grams per half cup. Firm tofu is next with 10 g of protein per ½ cup. Soy milk is last with about 6 g of protein per 1 cup.*

**19. Soybean products are a great source of what vitamin?**

Vitamin B

*Comment: Soybeans provide a variety of B vitamins, including niacin, B6 and folate, which are beneficial for HDL (good) cholesterol, hormone regulation and memory loss prevention, respectively.*

**20. Which soy product can count toward vegetable and protein servings?**

Soybeans

*Comment: Soybeans are a source of protein as well as vitamins and minerals, making them count toward vegetable and protein servings per day.*

**21. Soybeans are rich in what indigestible plant nutrient?**

Fiber

*Comment: Soybeans are a good source of soluble fiber, which helps decrease cholesterol. Soybeans also provide insoluble fiber, which helps bulk up stool and ease constipation.*

**22. What plant chemical with hormone properties is found in soybeans?**

Phytoestrogen

*Comment: Soybeans contain phytoestrogen, or plant estrogen. Therefore, hormone-sensitive individuals should consume soybeans with caution. Be sure to discuss dietary changes with your dietitian or other health-care provider.*

**23. What is one soybean product that is a variation of soy sauce?**

Tamari (pronounced tuh-mahr-ee)

*Comment: Tamari typically is recognized as a gluten-free alternative to regular soy sauce. It is darker and richer in flavor than typical soy sauce and has less of a salty bite.*

**24. Soybean oil is rich in what type of fat?**

Polyunsaturated

*Comment: Polyunsaturated and monounsaturated fats are more heart-healthy than saturated and trans fats.*



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