Please answer these questions about the nutrition class. You may use words and drawings.

1. What are two things you learned in class?

2. Is there a change you are thinking about making because of what you learned?

3. What part of the lessons did you enjoy the most?
9th to 12th Grade Food and Nutrition Survey

1. Yesterday, I ate fruit as part of a meal or a snack...
   - No times
   - 1 time
   - 2 times
   - 3 times
   - 4 or more times

2. Yesterday, how many different kinds of fruit did you eat?
   - None
   - 1 kind
   - 2 kinds
   - 3 kinds
   - 4 or more kinds

3. Yesterday, I ate vegetables as part of a meal or snack...
   - No times
   - 1 time
   - 2 times
   - 3 times
   - 4 or more times

4. Yesterday, how many different kinds of vegetables did you eat?
   - None
   - 1 kind
   - 2 kinds
   - 3 kinds
   - 4 or more kinds

5. Yesterday, how many pops, sodas, fruit-flavored drinks, sports drinks, energy drinks, or sweetened coffee drinks did you have?
   - None
   - 1 drink
   - 2 drinks
   - 3 or more drinks

6. Yesterday, how often did you wash your hands with soap before eating?
   - Never
   - Sometimes
   - Most of the time
   - Every time

7. Yesterday, I was physically active for...
   - Less than half an hour
   - Half an hour to 1 hour
   - 1 to 3 hours
   - More than 3 hours

8. Yesterday, I used a computer, TV, smartphone, tablet, or played video games...
   - Not at all
   - 0–2 hours
   - 2–4 hours
   - 4–6 hours
   - 6–8 hours
   - More than 8 hours

9. How often do you use nutrition labels to help pick your foods?
   - Never
   - Sometimes
   - Most of the time
   - Every time

10. How often do you eat fast food or takeout?
    - Less than once a week
    - 1–2 times a week
    - 3–4 times a week
    - 5–6 times a week
    - 7 or more times a week