

3rd - 5th GRADE NUTRITION EDUCATION SURVEY

STUDENT'S CODE NUMBER _____ DATE _____ PRE POST

DO NOT write your name on this survey.

The answers you give will be kept private. This survey is voluntary.

Circle the answer that best applies to you.

	1	2	3	4
1. I eat vegetables . . .	Never or almost never	Some days	Most days	Every day
2. I eat fruit . . .	Never or almost never	Some days	Most days	Every day
3. I choose healthy snacks . . .	Never or almost never	Some days	Most days	Every day
4. I eat breakfast . . .	Never or almost never	Some days	Most days	Every day
5. I do physical activities . . .	Never or almost never	Some days	Most days	Every day

	1	2	3
6. Being active is fun.	I do not agree	I'm not sure	I agree
7. Being active is good for me.	I do not agree	I'm not sure	I agree

	1	2	3	4
8. A pizza was left out of the refrigerator all night. What should you do?	Eat the pizza	Smell the pizza and then decide if it's okay to eat.	Put the pizza in the refrigerator	Don't eat the pizza
9. A chicken and rice dish has been in the refrigerator for over a week. What should you do?	Eat the chicken and rice dish	Smell the chicken and rice dish and then decide if it's okay to eat	Put the chicken and rice dish back in the refrigerator	Don't eat the chicken and rice dish

Circle the answer that best applies to you.

	1	2	3	4
10. I wash my hands before making something to eat.	Almost never	Sometimes	Most of the time	Always

	1	2	3
11. Will you ask your family to buy your favorite fruit or vegetable?	No	Maybe	Yes
12. Will you ask your family to buy non-fat or 1% milk instead of regular whole milk?	No	Maybe	Yes
13. Will you ask your family to have fruits in a place like the refrigerator or a bowl on the table where you can reach them?	No	Maybe	Yes
14. Will you ask your family to have cut-up vegetables in the refrigerator where you can reach them?	No	Maybe	Yes