

Attachment D – Student Pre-Survey

OMB BURDEN STATEMENT: According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is **0584-0524**. The time to complete this information collection is estimated at 15 minutes, including the time for reviewing instructions and completing the information.

[To be read and guided by classroom teacher]

Directions: The following questions ask about foods and nutrition. There is no right or wrong answer, so please be honest.

1. Yesterday, did you eat any vegetables?

- a. No, I didn't eat any vegetables
- b. Yes, I ate vegetable 1 time yesterday
- c. Yes, I ate vegetable 2 times yesterday
- d. Yes, I ate vegetable 3 times yesterday
- e. Yes, I ate vegetable 4 times yesterday
- f. Yes, I ate vegetable 5 times yesterday

2. Yesterday, did you eat any fruit?

- a. No, I didn't eat any fruit
- b. Yes, I ate fruit 1 time yesterday
- c. Yes, I ate fruit 2 times yesterday
- d. Yes, I ate fruit 3 times yesterday
- e. Yes, I ate fruit 4 times yesterday
- f. Yes, I ate fruit 5 times yesterday

3. Yesterday, did you eat any beans?

- a. No, I didn't eat any beans
- b. Yes, I ate beans 1 time yesterday
- c. Yes, I ate beans 2 times yesterday
- d. Yes, I ate beans 3 times yesterday
- e. Yes, I ate beans 4 times yesterday
- f. Yes, I ate beans 5 times yesterday

4. Yesterday, did you exercise or participate in sports activities (for example, riding your bike, playing soccer or walking to school) that made your heart beat fast or made breath hard for at least 10 minutes.

- a Yes
- b No

5. Please list the 5 vegetable sub-groups:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Site: _____
 Date: _____

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Please read the following statements and circle the number that represents how much you agree.

	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
I am willing to taste new and unusual fruits	5	4	3	2	1
I am willing to taste new and unusual vegetables	5	4	3	2	1
I sometimes think about how far my food travels before it gets to my home/school/community	5	4	3	2	1
I sometimes read the nutrition labels of the foods I eat	5	4	3	2	1
When my parents or caregivers go shopping, I ask them to buy certain fruits and vegetables	5	4	3	2	1
I sometimes prepare foods with my family	5	4	3	2	1
It's easy to get fruits and vegetables to eat at school	5	4	3	2	1
I try to have at least one fruit or vegetable with every meal	5	4	3	2	1
I sometimes consider where my food comes from when deciding what to eat	5	4	3	2	1
I have tried growing vegetables or fruits at home	5	4	3	2	1
It's easy to get fruits and vegetables to eat at school	5	4	3	2	1
I enjoy finding and cooking from healthy recipes	5	4	3	2	1

6. Please read the following statements and circle true or false:

- All the food sold at my local grocery store comes from inside the state True False
- Half of your plate should be fruit and vegetables True False
- It is important to eat fruits and vegetables that are different colors True False

7. Fill in the blank: Hydration, food, and _____ all contribute to a balanced body and energy levels.

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Mark 2 answers for each. Circle either A or B; then Circle either C, D or E	I have tried this	I have not tried this	I like this a lot	I like this a little	I don't like this
Broccoli	A	B	C	D	E
Collard Greens	A	B	C	D	E
Leaf Lettuce	A	B	C	D	E
Mustard Greens	A	B	C	D	E
Spinach	A	B	C	D	E
Swiss Chard	A	B	C	D	E
Winter Squash	A	B	C	D	E
Carrots	A	B	C	D	E
Pumpkin	A	B	C	D	E
Garbanzo Beans	A	B	C	D	E
Corn	A	B	C	D	E
Green Peas	A	B	C	D	E
Potatoes	A	B	C	D	E
Beets	A	B	C	D	E
Chinese Cabbage	A	B	C	D	E
Cucumbers	A	B	C	D	E
Green Beans	A	B	C	D	E
Onions	A	B	C	D	E
Peppers	A	B	C	D	E
Radishes	A	B	C	D	E
Tomatoes	A	B	C	D	E
Turnips	A	B	C	D	E
Strawberries	A	B	C	D	E
Cantaloupe	A	B	C	D	E
Raspberries	A	B	C	D	E