## Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Attachment F - Student Survey: Grade 7

**BURDEN STATEMENT**: According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not 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 required to complete this information collection is estimated to average 20 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.

## Section One: What Do you eat?

**The questions in this section ask about the food you ate over the past week.**

Please think about what you ate during the past week, while you were at school, and while you were not at school. Not at school includes all of the rest of the time, for example, when you are at home, at a friend's house, or at a restaurant. You are going to mark the column that shows, on average, how many times you ate the food at school and not at school. If you did not eat this food or drink this beverage during the past week, please mark "never or less than 1 per week."

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| **1a. Type of Drink** | **Location** | **Never** or less than 1 per week | 1 per week | 2-4 per week | 5-6 per week | 1 per day | 2-3 per day | 4+ per day |
| Orange juice, apple juice and other 100% juices | At School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Fruit drinks (such as Snapple, flavored teas, Capri Sun and Kool-Aid) | At School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Sport drinks (such as Gatorade or PowerAde) | At School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Flavored waters such as Propel or vitamin waters | At School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Unflavored bottled water, tap water, water from a drinking fountain, or other unflavored water | At School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Diet soda or pop (include all kinds such as Diet Pepsi, Pepsi One, Diet Coke, Diet 7-Up) | At School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Regular soda or pop (include all kinds such as Coke, Pepsi, 7-Up, Sprite, root beer) | At School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Energy Drinks (such as Rockstar, Red Bull, Monster and Full Throttle) | At School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| 1% or nonfat milk (sometimes called skim, fat-free, or low-fat milk; includes white and chocolate) | At School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Regular or 2% milk (sometimes called whole, reduced fat, or 4% milk; includes white and chocolate) | At School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

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| **1b. Type of Food** | **Location** | **Never** or less than 1 per week | 1 per week | 2-4 per week | 5-6 per week | 1 per day | 2-3 per day | 4+ per day |
| Low-fat or non-fat potato chips, tortilla chips, and corn chips (such as Baked Lays, Reduced-fat Doritos, Fat-Free Pringles) | At School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Regular potato chips, tortilla chips, corn chips, and puffs (such as Ruffles, Lay's, Pringles, Doritos, Fritos, Cheetos) | At School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Other salty snacks (like cheese nibs, Chex Mix, gold fish crackers, Ritz Bits) | At School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Candy, including chocolate, candy bars, jelly bellies, gummies and Lifesavers (**do not** include cookies) | At School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Doughnuts, pop tarts, or other breakfast pastries | At School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Cookies, brownies, pies, and cakes | At School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Low or nonfat frozen desserts such as low fat ice cream, frozen yogurt, popsicles, & sherbet | At School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Regular ice cream & milkshakes (include all flavors) | At School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Whole grain cereals | At School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| How often did you eat a serving of vegetables such as green salad, peas, green beans, or corn? (**do not** count fried potatoes or French fries) | At School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| How often did you eat a serving of fruit such as a banana, apple, or grapes? (**do not** count juices) | At School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| How often did you eat **any** breakfast? | At School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| How often did you eat breakfast that contained **at least 3 food groups?** | At School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Not at School | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

**Section Two: What do you think?**

2a. Please review the two ingredient lists below and circle all the forms of **added sugar.**

**Ingredients: Corn Syrup, Sugar, Modified Corn Starch, Pear Nectar, Apple Juice Concentrate, Strawberry Puree, Carrot Juice Concentrate. Contains 2% or less of:** Fruit Pectin, Citric Acid, Vitamin C, Dextrose, Sodium Citrate, Brown Sugar, Potassium Citrate, Sucrose, Sunflower Oil, Natural and Artificial Flavors, Fructose.

**Ingredients: Carbonated Water, Glucose, High Fructose Corn Syrup, Honey, Gum Arabic, Potassium Sorbate, Caffeine, Maltose, White Grape Juice Concentrate, Peach Nectar. Contains 2% or less of:** Molasses, Dextrose, Sodium Citrate, Malic Acid, Potassium Citrate, Anhydrous Dextrose, Lactose, Maple Syrup.

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| 2b. Please describe the long term benefits of eating and drinking patterns with lower amounts of added sugars:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2c. Please describe three simple switches to reduce added-sugars in your diet. 1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **2d. Attitudes about Beverages** | **Strongly Agree** | **Agree** | **Disagree** | **Strongly Disagree** |
| I often consider the amount of added sugar in beverages before drinking them.  | ☐ | ☐ | ☐ | ☐ |
| I know what information to look for when reading food and beverage labels.  | ☐ | ☐ | ☐ | ☐ |
| I know what ingredients to look for when reading the food and beverage ingredient lists. | ☐ | ☐ | ☐ | ☐ |
| I often choose to drink water or low-fat milk instead of sugar-sweetened beverages. | ☐ | ☐ | ☐ | ☐ |