



# Family Nutrition Education Programs

*Nutrition education survey, Grades 9-12*

Instructions: Circle the answer that best applies to you. There are no right or wrong answers.

The first 4 questions ask about food you ate or drank.

<p><b>Yesterday, how many times did you eat vegetables, not counting French fries?</b> Include cooked vegetables, canned vegetables and salads. If you ate 2 different vegetables in a meal or snack, count them as 2 times.</p>	None	1 time	2 times	3 times	4+ times
<p><b>Yesterday, how many times did you eat fruit, not counting juice?</b> Include fresh, frozen, canned, and dried fruits. If you ate 2 different fruits in a meal or snack, count them as 2 times.</p>	None	1 time	2 times	3 times	4+ times
<p><b>Yesterday, how many times did you drink non-fat or 1% low fat milk?</b> Include low fat chocolate or flavored milk, and low fat milk on cereal.</p>	None	1 time	2 times	3 times	4+ times
<p><b>Yesterday, how many times did you drink sweetened drinks like soda, fruit-flavored drinks, sports drinks, energy drinks and vitamin water?</b> Do not include 100% fruit juice.</p>	None	1 time	2 times	3+ times	4+ times

The next 2 questions ask about how often you choose certain foods.

<p><b>When you eat grain products, how often do you eat whole grains, like brown rice instead of white rice, whole grain bread instead of white bread, and whole grain cereals?</b></p>	Never	Once in a while	Sometimes	Most of the time	Always
<p><b>When you eat out at a restaurant or fast food place, how often do you make healthy choices when deciding what to eat?</b></p>	Never	Once in a while	Sometimes	Most of the time	Always

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**The next 3 questions are about physical activity.**

<b>During the past 7 days, how many days were you physically active for at least 1 hour?</b>	0 days	1 day	2 days	3 days	4 days	5 days	6 days	7 days
<b>During the past 7 days, how often were you so active that your heart beat fast and you breathed hard most of the time?</b>	Never	1 time last week	2 times last week	3 times last week	4 or more times last week			
<b>How many hours a day do you spend watching TV or movies, playing electronic games, or using a computer for something that is not school work?</b>	1 hour or less	2 hours	3 hours	4 hours	5 or more hours			

**The next 4 questions are about how you handle food.**

<b>How often do you wash your hands before eating?</b> Think about eating at school or at home.	Never	Once in a while	Sometimes	Most of the time	Always
<b>How often do you wash vegetables and fruits before eating them?</b>	Never	Once in a while	Sometimes	Most of the time	Always
<b>When you take foods out of the refrigerator, how often do you put them back within 2 hours?</b>	Never	Once in a while	Sometimes	Most of the time	Always
<b>How often do you check the expiration date before eating or drinking foods?</b>	Never	Once in a while	Sometimes	Most of the time	Always

**The last question helps us to know more about youth who are part of our program.**

<b>What grade are you in?</b>	9th grade	10th grade	11th grade	12th grade
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