

9th - 12th 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.

**For each question, circle the answer that best describes you.
The first 4 questions ask about food you ate or drank.**

	0	1	2	3	4
1. Yesterday, how many times did you eat vegetables, not counting French fries? Include cooked vegetables, canned vegetables and salads. If you ate 2 different vegetables in a meal or snack, count them as 2 times.	None	1 time	2 times	3 times	4+ times
2. Yesterday, how many times did you eat fruit, not counting juice? Include fresh, frozen, canned, and dried fruits. If you ate 2 different fruits in a meal or snack, count them as 2 times.	None	1 time	2 times	3 times	4+ times
3. Yesterday, how many times did you drink non-fat or 1% low fat milk? Include low fat chocolate or flavored milk, and low fat milk on cereal.	None	1 time	2 times	3 times	4+ times
4. Yesterday, how many times did you drink sweetened drinks like soda, fruit-flavored drinks, sports drinks, energy drinks and vitamin water? Do not include 100% fruit juice.	None	1 time	2 times	3+ times	

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

	1	2	3	4	5
5. 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?	Never	Once in a while	Sometimes	Most of the time	Always
6. When you eat out at a restaurant or fast food place, how often do you make healthy choices when deciding what to eat?	Never	Once in a while	Sometimes	Most of the time	Always

The next 3 questions are about physical activity.

	0	1	2	3	4	5	6	7
7. During the past 7 days, how many days were you physically active for at least 1 hour?	0 days	1 day	2 days	3 days	4 days	5 days	6 days	7 days

	1	2	3	4	5
8. During the past 7 days, how often were you so active that your heart beat fast and you breathed hard most of the time?	Never	1 time last week	2 times last week	3 times last week	4 or more times last week
9. 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?	1 hour or less	2 hours	3 hours	4 hours	5 or more hours

The next 5 questions are about how you handle food.

	1	2	3	4	5
10. How often do you wash your hands before preparing something to eat? Think about preparing snacks or meals.	Never	Once in a while	Sometimes	Most of the time	Always
11. How often do you wash vegetables and fruits before eating them?	Never	Once in a while	Sometimes	Most of the time	Always
12. When you take foods out of the refrigerator, how often do you put them back within 2 hours?	Never	Once in a while	Sometimes	Most of the time	Always
13. How often do you check the expiration date before eating or drinking foods?	Never	Once in a while	Sometimes	Most of the time	Always

	0	1	2	3	4	5
14. In the last month, if your family did not have enough food, how often did you help by going to a food pantry or finding other free or low-cost food resources?	Does not apply	Never	1 time	2 times	3 times	4 or more times



NAME

DATE

Adult Questionnaire

Please mark the response that **best** describes how you **usually** do things.

1. How many **times a day** do you eat fruit?

Examples of **fruits** are apples, bananas, oranges, grapes, raisins, melon and berries. Include fresh, frozen, dried, or canned fruit. **Do not include juice.**

- I rarely eat fruit
- Less than 1 time a day (a couple times a week)
- 1 time a day
- 2 times a day
- 3 times a day
- 4 or more times a day

2. How many **times a day** do you eat vegetables?

Examples of **vegetables** are green salad, corn, green beans, carrots, potatoes, greens, and squash. Include fresh, canned, and frozen vegetables. **Do not count french fries, potato chips, or rice.**

- I rarely eat vegetables
- Less than 1 time a day (a couple times a week)
- 1 time a day
- 2 times a day
- 3 times a day
- 4 or more times a day

3. How many different kinds of vegetables do you usually eat a day?

- I rarely eat vegetables
- 1 kind a day
- 2 kinds a day
- 3 kinds a day
- 4 or more kinds a day

4. How many **times a day** do you drink milk or soymilk?

Do not count almond or coconut milk, or milk with cereal.

- I do not drink milk
- I rarely drink milk
- 1 time a day
- 2 times a day
- 3 or more times a day

5. Over the last week, **how many days** did you eat red and orange vegetables?

Examples of **red or orange vegetables** are tomatoes, red peppers, carrots, sweet potatoes, winter squash, and pumpkin.

- I did not eat red or orange vegetables
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6-7 days a week

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6. Over the last week, **how many days** did you eat dark green vegetables?

Examples of dark green vegetables are broccoli, spinach, dark green lettuce, turnip greens, or mustard greens.

- I did not eat green vegetables
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6-7 days a week

7. Over the last week, **how many days** did you eat beans and peas?

Examples of beans and peas include pinto beans, black beans, navy beans, chili beans, refried beans, pork and beans, bean soup, barbeque beans, chickpeas, split peas, and black eyed peas. Include beans from a can or cooked from dry.

- I did not eat beans and peas
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6-7 days a week

8. Over the last week, **how many days** did you eat yogurt or drink smoothies with yogurt?

- I did not eat yogurt
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6-7 days a week

9. Over the last week, **how many days** did you eat cereal with milk?

- I did not eat cereal with milk
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6-7 days a week

10. How many **days a week** do you cook dinner (your main meal) at home?

- I rarely cook dinner at home
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6-7 days a week

11. How often do you drink regular sodas (not diet)?

- Never
- 1-3 times a week
- 4-6 times a week
- 1 time a day
- 2 times a day
- 3 times a day
- 4 or more times a day

There is more on the next page ➡

12. In the past week, how many days did you exercise for at least 30 minutes?

This includes things like jogging, playing soccer, and doing fitness or dance classes, or exercise videos. This 30 minutes could be all at once or a few minutes at a time. Do not count housework, taking care of your kids, or walking from place to place.

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

13. In the past week, how many days did you do workouts to build and strengthen your muscles?

This includes things like lifting weights and doing push-ups, sit-ups, or planks.

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

14. How often do you make small changes on purpose to be more active?

This includes things like walking instead of driving, getting off the bus one stop early, doing a few minutes of exercise, or moving around instead of sitting while watching TV.

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

15. How often do you wash your hands with soap and running water before preparing food?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

16. After cutting raw meat or seafood, how often do you wash all items and surfaces that came in contact with these foods?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

17. How often do you thaw frozen food on the counter or in the sink at room temperature?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

Turn page over for more ➡

18. How often do you use a meat thermometer to see if meat is cooked to a safe temperature?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

19. How often do you compare food prices to save money?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

20. How often do you plan your meals before you shop for groceries?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

21. How often do you look in the refrigerator or cupboard to see what you need before you go shopping?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

22. How often do you make a list before going shopping?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

23. How often do you use food coupons for food purchases?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

24. How often do you use a written weekly or monthly food spending plan?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

25. How often do you budget enough money for food purchases?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

There is more on the next page ➔

26. How often do you check for sales on foods **before** you shop?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

27. How often do you check for food items on sale **when** you are at the store?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

The next section has statements people have made about their food situation. Choose the answer that best fits your food situation over the last 30 days.

28. The food that I bought just didn't last, and I didn't have money to get more.

- Often true
- Sometimes true
- Never true
- Don't know

29. I couldn't afford to eat balanced meals.

- Often true
- Sometimes true
- Never true
- Don't know

30. Did you ever cut the size of your meals or skip meals because there wasn't enough money for food?

- Yes
- No
- Don't know

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3rd-5th Grade EFNEP Pre-Post Survey

Youth ID _____ Grade _____ Date _____

Pre Post

	<p>1. In the past week, I drank fruit-flavored drinks or sports drinks ...</p> <ul style="list-style-type: none"><input type="radio"/> Never<input type="radio"/> 1-3 days<input type="radio"/> 4-6 days<input type="radio"/> About once a day<input type="radio"/> 2 or more times a day
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	<p>2. In the past week, I drank soda or pop ...</p> <ul style="list-style-type: none"><input type="radio"/> Never<input type="radio"/> 1-3 days<input type="radio"/> 4-6 days<input type="radio"/> About once a day<input type="radio"/> 2 or more times a day
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	<p>3. In the past week, I ate vegetables ...</p> <ul style="list-style-type: none"><input type="radio"/> Never<input type="radio"/> 1-3 days<input type="radio"/> 4-6 days<input type="radio"/> About once a day<input type="radio"/> 2 or more times a day
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	<p>4. In the past week, I ate <u>vegetables as a snack</u> ...</p> <ul style="list-style-type: none"><input type="radio"/> Never<input type="radio"/> 1-3 days<input type="radio"/> 4-6 days<input type="radio"/> About once a day<input type="radio"/> 2 or more times a day
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5. In the past week, I ate fruit as a snack ...

- Never
- 1-3 days
- 4-6 days
- About once a day
- 2 or more times a day



6. In the past week, I ate vegetables at lunch ...

- Never
- 1-3 days
- 4-6 days
- Every day



7. When I am offered a new food, I will try it ...

- Never or almost never
- Sometimes
- Most of the time
- Always or almost always



8. I read Nutrition Facts labels ...

- Never or almost never
- Sometimes
- Most of the time
- Always or almost always



9. I wash fruits and vegetables before I eat them ...

- Never or almost never
- Sometimes
- Most of the time
- Always or almost always
- Someone else does this for me



10. When I make myself something to eat, I put cold foods back in the refrigerator right away ...

- Never or almost never
- Sometimes
- Most of the time
- Always or almost always
- Someone else does this for me



11. Before I eat or touch food, I wash my hands with warm water and soap for at least 20 seconds ...

- Never or almost never
- Sometimes
- Most of the time
- Always or almost always



12. In the past week, I did physical activities ...

- Not at all
- 1-2 days
- 3-4 days (or some days)
- 5-6 days (or most days)
- 7 days (every day)



13. In the past week, for how long did you usually do physical activities?

- Less than 15 minutes a day
- About 15 minutes a day
- About 30 minutes a day
- About an hour a day
- More than an hour a day



14. In the past week, when I was not doing homework, I used a computer, TV, smartphone, tablet or played video games ...

- Less than 1 hour a day
- 1-2 hours a day
- 3-4 hours a day
- 5-6 hours a day
- 7 or more hours a day

Youth ID _____

Pre

Post