

## PRE NUTRITION SURVEY for GRADES 3-5



1) How often do you eat breakfast? (CIRCLE ONE)

Never      Sometimes      Usually      Always

2) How often do you read a food nutrition facts label?

Never      Sometimes      Usually      Always

3) How often do you read a food ingredient list?

Never      Sometimes      Usually      Always

4) How often do you taste something at school that you had not tried before?

Never      Once/twice      Once in a While      Many Times

4a) Give an example: \_\_\_\_\_

5) Have you ever eaten something at home that you first tried at school?      Yes      No

5a) Give an example: \_\_\_\_\_

6) How often do you try to make healthy food choices?

Never      Sometimes      Usually      Always

7) How often do you eat vegetables?

Never      Sometimes      Usually      Always

8) How often do you eat fruit?

Never      Sometimes      Usually      Always

9) Please circle the item that is closest to the source and least processed:

Applesauce      Apple Juice      Apple      Apple Jacks

For returning students only. Leave questions 10 and 11 blank if you have not yet learned anything from GrowingGreat.

10) How often do you talk to your parents about what you learned in GrowingGreat?

Never      Sometimes      Usually      Always

11) What is the most important thing you learned in GrowingGreat this year?

School \_\_\_\_\_

Grade \_\_\_\_\_ Teacher \_\_\_\_\_