

# 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 \_\_\_\_\_