

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 _____