

Name _____

Pre-Evaluation

Post-Evaluation

Group _____



1. In the past week, I drank fruit-flavored drinks or sports drinks ...

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



2. In the past week, I drank soda or pop ...

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



3. In the past week, I ate vegetables ...

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



4. In the past week, I ate vegetables as a snack ...

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

Educator's Name _____



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

Nutrition Facts	
About 8 servings per container	
Serving size 6 crackers (26g)	
Amount per serving	110
Calories	
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 150mg	7%

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



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