

TELL US ABOUT YOU!

GRADES 6-8

Name _____

Pre-Evaluation Post-Evaluation

Group _____

The first 4 questions ask about food you ate or drank. Circle the answer that best describes you.

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.	0	1	2	3	4+
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.	0	1	2	3	4+
3. Yesterday, how many times did you drink nonfat or 1% low-fat milk? Include low-fat chocolate or flavored milk, and low-fat milk on cereal.	0	1	2	3	4+
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.	0	1	2	3+	

The next 2 questions are about how often you choose certain foods. Circle the answer that best describes you.

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 ask about physical activity. Circle the answer that best describes you.

7. During the past 7 days, how many days were you physically active for at least 1 hour?	0	1	2	3	4	5	6	7
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 3 questions ask about how you handle food. Circle the answer that best describes you.

10. How often do you wash your hands before eating? Think about eating at school or at home.	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

The next 2 questions ask about your confidence in food preparation. Circle the answer that best describes you.

13. How confident are you in using measuring cups and measuring spoons?	Not confident	Somewhat confident	Confident	Totally confident
14. How confident are you in following directions in a recipe?	Not confident	Somewhat confident	Confident	Totally confident



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