Food Attitudes and Behaviors: Youth

The goal of this survey is to learn about your knowledge and opinion on different foods and what foods you like to eat.

Your participation in this survey is completely up to you, and your answers will be kept private. The information you provide will be used to improve our programming. This survey should take 5-10 minutes to complete.

For each statement below, put an “X” in the box that best shows how much you personally agree.

<table>
<thead>
<tr>
<th>A lot</th>
<th>A little</th>
<th>Not very much</th>
<th>Not at all</th>
</tr>
</thead>
</table>

1. Eating fruit every day makes me feel good.

2. I like to taste new fruits.

3. Eating vegetables every day makes me feel good.

4. I like to taste new vegetables.

5. Imagine a meal with a hotdog in a bun and a glass of milk. What food group is missing? Please check one.
   - Dairy
   - Fruits and vegetables
   - Meat
   - Grains

6. Why do I need to eat different kinds of foods? Please check one.
   - I can get a lot of the SAME nutrients
   - I can get many DIFFERENT nutrients
   - I don’t need to eat different kinds of food
   - I don’t know

7. Think about everything you ate or drank yesterday. Remember what you had for breakfast, lunch, dinner, after school, while watching TV, and at bedtime.

<table>
<thead>
<tr>
<th>Did you eat it or drink it yesterday?</th>
<th>How much did you eat?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>No</td>
</tr>
</tbody>
</table>

- Apples, bananas, or oranges
- Any other fruit, like strawberries or grapes
- French fries, hash browns, tater tots
- Lettuce or spinach salad
- Vegetables, like corn, peas, carrots, green beans, or broccoli
- Beans, including in burritos
For each statement below, put an “X” in the box that best describes your answer.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Agree</th>
<th>Disagree</th>
<th>Not sure</th>
</tr>
</thead>
<tbody>
<tr>
<td>8. It is difficult for me to eat fruits and vegetables every day.</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>9. If I decide to eat fruits and vegetables every day, I can do it.</td>
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<tr>
<td>10. I will eat healthy even when my friends eat food that is not healthy.</td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

11. During the last month, how often did you drink sugar sweetened soda or other sweetened drinks like sweetened iced tea, sports drinks, fruit punch or other fruit-flavored drinks? Do NOT include diet soda, sugar free drinks, or 100% juice. One drink of soda would equal a 12 ounce can, bottle or glass.

- [ ] Never
- [ ] 1-2 times last month
- [ ] 1-2 times per week
- [ ] 3-6 times per week
- [ ] 1 time per day
- [ ] 2+ times per day