

Student Name or ID: \_\_\_\_\_ Grade: \_\_\_\_\_ Date: \_\_\_\_\_  Pre  Post

**Please pick one answer for each question. Mark the bubble with your response.**

**1. How often do you eat fruits?** *Include fresh, frozen, canned and dried fruits. Do not include juice.*

- 1 Not very often     
  2     
  3 Sometimes     
  4     
  5 Very often

**2. How often do you eat vegetables?** *Include cooked, frozen, canned, fresh vegetables, and salads. Do not include deep-fried vegetables (such as French fries).*

- 1 Not very often     
  2     
  3 Sometimes     
  4     
  5 Very often

**3. How often do you drink sugary drinks like soda/pop, fruit-flavored drinks, sports drinks, energy drinks, and/or sweetened tea/coffee drinks?** *Do not include 100% fruit juice or diet soda/pop.*

- 1 Not very often     
  2     
  3 Sometimes     
  4     
  5 Very often

**4. When you have a choice, how often do you choose whole grains?** *Like brown rice instead of white rice, whole grain bread instead of white bread, and whole grain cereals.*

- 1 Not very often     
  2     
  3 Sometimes     
  4     
  5 Very often     
  0 I do not have a choice

**5. When you eat out at a restaurant or fast-food place or get take-out, how often do you make healthier choices when deciding what to eat or drink?**

- 1 Not very often     
  2     
  3 Sometimes     
  4     
  5 Very often     
  0 I do not eat at those places

**6. How often do you use the Nutrition Facts Label to compare packaged foods or drinks?**

- 1 Not very often     
  2     
  3 Sometimes     
  4     
  5 Very often

**7. In the past 7 days, how many days were you physically active enough that your heart beat fast and you were breathing hard most of the time?**

- 0 0 days     
  1 1 days     
  2 2 days     
  3 3 days     
  4 4 days     
  5 5 days     
  6 6 days     
  7 7 days

**8. During the past 7 days, on how many days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?**

- 0 0 days     
  1 1 days     
  2 2 days     
  3 3 days     
  4 4 days     
  5 5 days     
  6 6 days     
  7 7 days

## 6th - 12th Grade EFNEP Youth Questionnaire

Student Name or ID: \_\_\_\_\_ Grade: \_\_\_\_\_ Date: \_\_\_\_\_

Pre  Post

*Please pick one answer for each question. Mark the bubble with your response.*

**9. How often do you make choices to include physical activity into your day?** *Like walking or biking instead of getting a ride, doing a few minutes of exercise, choosing technology that involves physical activity, or moving actively in your home.*

①

Not very often

②

③

Sometimes

④

⑤

Very often

**10. How often do you wash your hands with soap and running water for at least 20 seconds before making or eating food?**

①

Not very often

②

③

Sometimes

④

⑤

Very often

**11. How often do you wash fruits and vegetables before eating them?**

①

Not very often

②

③

Sometimes

④

⑤

Very often

**12. When making food, how often do you use separate cutting boards for raw meats and fresh produce?** *Also count when you wash a single cutting board with warm, soapy water when switching between these foods.*

①

Not very often

②

③

Sometimes

④

⑤

Very often

⑥

I do not make my own food

**13. When you take foods out of the refrigerator, how often do you put them back within 2 hours?**

①

Not very often

②

③

Sometimes

④

⑤

Very often

**14. How often do you compare prices of foods or drinks at the store before you buy them?**

①

Not very often

②

③

Sometimes

④

⑤

Very often

⑥

I do not buy food

**15. How often do you make your own snack or meal instead of purchasing one?**

①

Not very often

②

③

Sometimes

④

⑤

Very often

⑥

I do not make my own food

*For office use only*

Group name: \_\_\_\_\_ Staff: \_\_\_\_\_

Location: \_\_\_\_\_