



6th – 12th Grade
Youth Questionnaire

Facilitator Guide

Youth Evaluation Committee

January 2023

General Directions

Before passing out the questionnaire, introduce the form to the youth. If you use display posters for the questionnaire, have them posted so that you can refer to them when introducing the survey.

Say:

We are going to go through some questions about what you eat and how physically active you are. There are no right or wrong answers; I just need you to tell me what you usually do. These questions are asking for your honest answer about what you usually do, not what you think the correct answer is. Most of the time, the first answer you think of is the best answer for you.

Please ask any questions you have as we go through these questions.

We will go through this form together. Please don't skip ahead. I will read each question and the answer choices out loud.

Select only one answer to each question.

The answers you provide will be kept private.

You may feel that some questions do not apply to you. If that is the case, you can choose the "Not very often [1]" response or choose the 'I do not....' response.

[Facilitator Tip] You may wonder why we read the questions out loud to 6th-12th graders. Keep in mind that reading skills vary, and some students we teach may not be strong readers. Also, some students may be learning English as a new language. By reading the questions out loud, students can follow along even if they are not yet strong English readers.

Pass out the questionnaire and a pencil, if needed, and introduce the form to the youth.

Start at the top of the form with the youth and group information. Follow your program's guidance on collecting either names or IDs. Have the youth write their grade as well as the pre/post, group name and date sections, if not already filled out.

[Facilitator Tip] You may wonder why there is an option to collect either the youth's name or ID. An ID number is used so students are not identifiable. The use of ID numbers depends on each institution. Please follow your institution's guidance.

Say:

Let's begin by adding your name and today's date to the paper. Put your name on the Student Name line {or ID, if using ID numbers} and today's date on the date line.

Make sure everyone is done before moving on.

Now please mark in the box next to 'Pre' {or 'Post' for the exit}.

Make sure everyone is done before moving on.

Ok, let's begin to go through the questions.

Read aloud each question and answer choice. If you are using a display poster, you can point to the questions as you move through the survey. Give youth time to mark their answers before moving on.

Questions

The first six questions are going to ask you about your food choices.

Each question has several answers for you to choose from. Please pick only one choice for each question. You can put a checkmark or an “X” on the circle that is your answer, or you can fill the circle in.

The question answers are from “Not very often” to “Very often.”

As you ask the question and read the answer options, demonstrate with your hands with gestures or using the display poster, along the answers from ‘Not very often’ to ‘Very often’ and show that you might stop somewhere along the line.

Possible Youth Questions

Q: *Why don't choice 2 and choice 4 have words?*

A: Great Question! When we ask you to think about how often you do something, it is like a line from “not very often” to “very often.” “Sometimes” is kind of the mid-point of that line. But between “not very often” and “sometimes” (choice 2) or between “sometimes” and “very often” (choice 4) can mean different things to different people, so we don't put a title on those choices.

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

Possible Youth Questions

Q: I put fruit in my smoothie. Do I count it?

A: Yes.

Q: I add juice to my smoothie. Do I count that?

A: No, do not count juice. If you add fruit to your smoothie, you can count that.

Q: Why doesn't juice count?

A: Whole fruit, cut up fruit or pureed fruit has fiber that our body needs. Juice has had that removed.

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

Possible Youth Questions

Q: I put vegetables in my smoothie. Do I count it?

A: Yes.

Q: I have fried okra (or any other vegetable), does that count?

A: No, deep fried vegetables like French fries or fried okra do not count. Vegetables deep fried in oil do not count. Vegetables cooked in an air fryer, baked, stir-fried or pan-fried do count.

Q: What about vegetable juice, like V8, does that count?

A: Do not count vegetable juice. Whole vegetables, cut up vegetables or pureed vegetables has fiber that our body needs. Juice has had that removed.

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

Possible Youth Questions

Q: *I drink Gatorade/Boba/Slushies, does that count?*

A: Yes.

Q: I drink Gatorade Zero/Powerade Zero/Sparkling Water, does that count?

A: Do not count diet drinks, which are usually labeled as 'zero' or 'diet'.

Q: I drink chocolate milk, does that count?

A: Flavored milks like chocolate and strawberry milk do not count as a sugary beverage. We'll learn more about this in the class.

Q: I drink juice, does that count?

A: If you are sure you are drinking 100% juice, don't count it here;

If a student has a particular example of a drink, you can answer that question directly based on your knowledge of the product.

Q: We have homemade lemonade {or sweetened ice tea}, does that count?

A: Yes, that would count unless using an artificial sweetener. When we make things at home, we can control how much sugar we add, but it does have sugar added.

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

Possible Youth Questions

Q: What is a whole grain?

A: A whole grain is any grain product that includes every part of the grain. Examples include brown rice, brown/whole wheat pasta, popcorn, oatmeal or brown/whole grain bread.

Q: *We don't have brown rice at our house, but I had it at my grandma's and I liked it. How do I answer this?*

A: Great question! How often do you eat at your grandma's and have brown rice?

Q: I eat what we have. I don't know if they are whole grains or not. What do I choose?

A: It sounds like 'I do not have a choice' would be the best answer for you.

Q: What is a whole grain cereal?

A: A cereal where the first ingredient is a whole grain. The ingredient list on the label will say "whole" (ie: whole grain oats, whole wheat).

Q: Whole grains are expensive.

A: You are correct, they can be, but not always. We'll learn more about this in the class.

5. When you eat out at a restaurant or fast food place or get take-out, how often do you make healthier food and beverage choices?

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

0. I do not eat at those places

Possible Youth Questions

Q: What do you mean? You can't eat healthy at a fast food restaurant."

A: I am sure that many of you have heard that fast food or take-out might not be as healthy. However, many menus offer at least some healthier choices. So, if you eat at these places or get take-out, how often do you look at the menu to make healthier choices?

Q: What do you mean by healthier choices?

A: Healthier choices at a restaurant might be choosing fruits, salads or other vegetables as sides instead of fries. Or choosing milk or water instead of soda/pop/coke. Or choosing a smaller size portion. Or choosing grilled instead of crispy/fried.

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**

Possible Youth Questions

Q: *What is the Nutrition Facts Label?*

A: The Nutrition Facts Label lists the nutrition information for a packaged food. The Nutrition Facts Label is often on the back of the food package. It lists information like the number of calories, amount of sugar, list of ingredients, and allergen information.

Q: How do you use the Nutrition Facts Label to compare foods and drinks?

A: We will learn more about this in the class.

Q: What do I look for in a nutrition facts label?

A: We will learn more about this in the class.

The next three questions are going to ask you about your physical activity choices.

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 day
- 2. 2 days
- 3. 3 days
- 4. 4 days
- 5. 5 days
- 6. 6 days
- 7. 7 days

Possible Youth Questions

Q: *What do you mean by 'active'?*

A: This might be walking fast, running, jogging, playing ball, riding a bike, dancing, etc. You may also include any exercise videos you did, or active video games you played

Q: Is this at home, at school, or both?

A: Include anywhere you were active, including at home, at sports practice, or in during school

Q: Does going up the stairs count?

A: Yes if your heart beat fast and you were breathing hard most of the time

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

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

Possible Youth Questions

Q: *I do yoga does this count?*

A: Yes, yoga uses body weight to strengthen muscles and bones.

Q: What does 'tone your muscles' mean?

A: Toning your muscles means making them stronger.

Q: What if I take 'rest days'?

A: That's great, just answer the question according to how many days you think you do muscle-strengthening activities such as:

Muscle-strengthening activities make muscles do more work than usual during activities of daily life. This is called overload, and strengthens the muscles. Muscle-strengthening activities can be unstructured and part of play, such as playing on playground equipment, climbing trees, and playing tug-of-war. Or they can be structured, such as lifting weights or working with resistance bands. Bone-strengthening activities produce a force on the bones of the body that promotes bone growth and strength. This force is commonly produced by impact with the ground. Running, jumping rope, basketball, tennis, and hopscotch are all examples of bone-strengthening activities. As these examples illustrate, bone strengthening activities can also be aerobic and muscle strengthening.

Muscle strengthening: yoga, weight machines, resistance bands, hand-held weights, body weight exercises, games such as tug of war.

Bone strengthening: Jumping rope, running, sports that involve jumping or rapid change in direction.

Additional information for staff: The Physical Activity Guidelines for Americans recommends at least 3 days per week of muscle or bone strengthening activities per week for youth.

Find more information here:

https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

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

Possible Youth Questions

Q: *Does these activities count?*

- *Taking the stairs instead of the elevator*
- *Using a push mower rather than a riding mower*

A: Yes.

Q: Do chores count?

A: Yes, if your chores involve movement of your body versus sitting or standing still.

The next four questions are going to ask you about your food safety practices.

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

Possible Youth Questions

Q: I wipe them with a towel, does that count?

A: It counts if you wash them with running water and use soap.

Q: I run them under warm water and wipe them down with a paper towel, this counts right?

A: It counts if you use soap and water.

Q: What if I use hand sanitizer?

A: Yes. Using hand sanitizer is better than doing nothing, but washing your hands is better than using hand sanitizer. We'll learn more about this in the lessons.

<https://www.cdc.gov/handwashing/show-me-the-science-hand-sanitizer.html>

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

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

Possible Youth Questions

Q: *I wipe them with a towel, does that count?*

A: No.

Q: I run them under warm water and wipe them with a paper towel, this counts right?

A: Yes, this counts.

Q: What if I eat canned or frozen fruits and vegetables, do I still need to wash them?

A: Canned or frozen vegetables or fruits don't need to be washed. It is a good idea to wash off the top of a can before you open it.

Q: What if the bag says 'pre-washed'? Do I still need to wash them?

A: Bagged vegetables or fruits labeled 'pre-washed' don't need to be washed again.

Q: Do I need to wash fruits and veggies with soap/vinegar/produce wash solution?

A: No, just running water is fine.

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

0. I do not make my own food

Possible Youth Questions

Q: *I wipe them with a towel, does that count?*

A: No.

Q: What do you mean by fresh produce?

A: Produce is fruits and vegetables. When we say fresh, we mean that it is not canned, frozen or dried.

Q: I run them under warm water and wipe them down with a paper towel, this counts right?

A: It counts if you use soap and water.

Q: We only have one cutting board. How do I answer this?

A: You will answer this by considering how often you wash the cutting board with soap and water between using it for the raw meat and fresh produce.

Q: My {parent, guardian} uses separate cutting boards, but I don't make my own food, so I would choose very often right?

A: Good example. In this case you would choose, 'I do not make my own food' because this is about what you do, not what your family members do.

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**

Possible Youth Questions

Q: *I put things back right away/when I'm done/before 1 hour, so how would I answer this?*

A: If you put foods back in the fridge before 2 hours is up, it counts. Choose your answer based on how often you do that.

Q: Who doesn't put food back in the fridge?

A: Sometimes cold food is left sitting out on the counter during meals, meal clean up or during potluck or picnic circumstances.

Q: What about foods that do not need to be put back in the fridge?

Q: What types of foods need to go back in the refrigerator within 2 hours?

A: This question is about foods that would go bad if they were left out of the refrigerator beyond 2 hours like milk, yogurt, meat, and leftovers.

If the youth ask about a specific food, use your food safety knowledge to answer their specific question.

Q: Why do I need to put them back within 2 hours?

A: We will learn more about this in the class.

Q: What if the food is covered or is in a container with a lid?

A: This does not count if the food is not put back in the refrigerator.

The final two questions are going to ask you about your food resource management practices.

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

0. I do not buy food

Possible Youth Questions

Q: I sometimes compare the prices but then buy the one I want anyway, even if it is more expensive, does that count?

A: Yes.

Q: Is this just at the store or when I'm purchasing food at a restaurant or convenience store as well?

A: This is anytime you compare prices at a store. Do not count when you compare prices at a restaurant.

Q: I don't go to the store, what should I put?

A: Select "I do not buy food."

Q: I don't know how to compare prices; how should I answer?

A: You can select "not very often," or if you do not know how to compare prices because you do not buy food, select "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

0. I do not make my own food

Possible Youth Questions

Q: *I don't eat snacks. How do I answer this?*

A: If you don't eat snacks, then focus on meals only.

Q: My {parent/guardian} cooks everything. How do I answer this?

A: It sounds like you don't make the meal, is that correct? If yes, then choose "I do not make or buy my own food"

Q: We always eat at home, but it mostly stuff my {parent/guardian} gets out of the freezer section at the grocery store, how do I answer this?

A: Choose "I do not make my own food."

Q: I always make my meals and snacks at home. My {parent/guardian} always has frozen meals and snacks from the grocery store in our freezer, how do I answer this?

A: It sounds like you would select "Very often" if you are making your meals and snacks at home, even if the items are frozen pre-packaged from the grocery store.

Q: Do granola bars, chips, (insert any other prepacked food already purchased but it's at home) count? Clarify making a snack – like fruit and yogurt parfait vs grabbing a yogurt from the fridge at home.

A: Yes, any snack you choose or make at home, instead of buying one at a store, restaurant, or vending machine, counts.

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Committee Members

Adrian Kohrt, University of Alaska; Debra Palmer-Keenan, Rutgers University; Denise Ann Benoit-Moctezuma, University of Maryland; Eileen Sanchez Guerrero, University of Hawaii at Manoa; Emily Becher, University of Minnesota; Emily Gratopp, University of Nebraska-Lincoln; Eunice Bonsi, Tuskegee University; Geb Bastian, South Dakota State University (formerly at Rutgers University); Gina Wood, West Virginia University; Helen Worthen, Florida Agriculture and Mechanical University; Kelly Webber, University of Nevada; Lola Adedokun Omolola, University of Kentucky; Melanie Austin, Tennessee State University; Michelle Scott-Pierce, Cornell University; Paula Scott, Utah State University; Lyn Brock, University of California Agriculture and Natural Resources; Tanisha Franquez Aflague, Triton University of Guam; Wendy Wolfe, Cornell University

NIFA Affiliates to the Committee: Dr. Helen Chipman ; Dr. Carinthia Cherry; Dr. Stephanie Morriss; Dr. Mallory Koenings