



ENTRY  EXIT

NAME

DATE

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## Expanded Food and Nutrition Education Program Food & Physical Activity Questionnaire

Please mark the response that **best** describes how you **usually** do things.

### 1. How many **times a day** do you eat fruit?

Examples of **fruits** are apples, bananas, oranges, grapes, raisins, melon and berries. Include fresh, frozen, dried, or canned fruit. **Do not include juice.**

- I rarely eat fruit
- Less than 1 time a day (a couple times a week)
- 1 time a day
- 2 times a day
- 3 times a day
- 4 or more times a day

### 2. How many **times a day** do you eat vegetables?

Examples of **vegetables** are green salad, corn, green beans, carrots, potatoes, greens, and squash. Include fresh, canned and frozen vegetables. **Do not count french fries, potato chips or rice.**

- I rarely eat vegetables
- Less than 1 time a day (a couple times a week)
- 1 time a day
- 2 times a day
- 3 times a day
- 4 or more times a day

### 3. Over the last week, **how many days** did you eat red and orange vegetables?

Examples of **red or orange vegetables** are tomatoes, red peppers, carrots, sweet potatoes, winter squash, and pumpkin.

- I did not eat red and orange vegetables
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6 or 7 days a week

### 4. Over the last week, **how many days** did you eat dark green vegetables?

Examples of **dark green vegetables** are broccoli, spinach, dark green lettuce, turnip greens, or mustard greens.

- I did not eat dark green vegetables
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6 or 7 days a week

### 5. How often do you drink regular sodas (not diet)?

- Never
- 1–3 times a week
- 4–6 times a week
- 1 time a day
- 2 times a day
- 3 times a day
- 4 or more times a day

### 6. How often do you drink fruit punch, fruit drinks, sweet tea or sports drinks?

- Never
- 1–3 times a week
- 4–6 times a week
- 1 time a day
- 2 times a day
- 3 times a day
- 4 or more times a day

There is more on the next page ➔

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**7. In the past week, how many days did you exercise for at least 30 minutes?**

This includes things like jogging, playing soccer, and doing fitness or dance classes, or exercise videos. This 30 minutes could be all at once or 10 minutes or more at a time. *Do not count housework, taking care of your kids, or walking from place to place.*

- |                                 |                                 |
|---------------------------------|---------------------------------|
| <input type="checkbox"/> 0 days | <input type="checkbox"/> 4 days |
| <input type="checkbox"/> 1 day  | <input type="checkbox"/> 5 days |
| <input type="checkbox"/> 2 days | <input type="checkbox"/> 6 days |
| <input type="checkbox"/> 3 days | <input type="checkbox"/> 7 days |

**8. In the past week, how many days did you do workouts to build and strengthen your muscles?**

This includes things like lifting weights and doing push-ups, sit-ups or planks.

- |                                 |                                 |
|---------------------------------|---------------------------------|
| <input type="checkbox"/> 0 days | <input type="checkbox"/> 4 days |
| <input type="checkbox"/> 1 day  | <input type="checkbox"/> 5 days |
| <input type="checkbox"/> 2 days | <input type="checkbox"/> 6 days |
| <input type="checkbox"/> 3 days | <input type="checkbox"/> 7 days |

**9. How often do you make small changes on purpose to be more active?**

This includes things like walking instead of driving, getting off the bus one stop early, doing a few minutes of exercise, or moving around instead of sitting while watching TV.

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

**10. How often do you wash your hands with soap and running water before preparing food?**

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

**11. After cutting raw meat or seafood, how often do you wash all items and surfaces that came in contact with these foods?**

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

**12. How often do you thaw frozen food on the counter or in the sink at room temperature?**

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

**13. How often do you use a meat thermometer to see if meat is cooked to a safe temperature?**

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

**14. In the past month, how often did you eat less than you wanted so there was more food for your family?**

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

**15. In the past month, how often did you not have money or another way to get enough food for your family (such as SNAP, WIC, or a food pantry)?**

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

**16. How many days a week do you cook dinner (your main meal) at home?**

- I rarely cook dinner at home
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6 or 7 days a week

**17. How often do you compare food prices to save money?**

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

**18. How often do you plan your meals before you shop for groceries?**

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

**19. How often do you look in the refrigerator or cupboard to see what you need before you go shopping?**

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

**20. How often do you make a list before going shopping?**

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always