**6th TO 8th GRADE NUTRITION EDUCATION SURVEY**

**Instructions for Data Entry**

**Rev. 09/23/14**

**Instructions for Data Entry:**

Enter the circled response into WebNEERS for all questions.

*Examples:*

For Question 1, if the child circled ***None***, enter “**0**” into WebNEERS.

For Question 5, if the child circled ***Never***, enter “**1**” into WebNEERS.

For **Question 7** enter a value from 0 to 7.

If the child does not respond to a question on the survey, please do not enter any value into WebNEERS; the question should be left blank. Do NOT enter as a zero since zeroes are actual response options for some items.

If the child circled multiple responses (circled more than one answer or the line between two answers) please do not enter any value into WebNEERS.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **0** | **1** | **2** | **3** | **4** |
| **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 a snack, count them as 2 times. | None | 1 time | 2 times | 3 times | 4+ times |
| **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 a snack, count them as 2 times. | None | 1 time | 2 times | 3 times | 4+ times |
| **3. Yesterday, how many times did you drink nonfat or 1% low- fat milk?** Include low-fat chocolate or flavored milk, andlow-fat milk on cereal. | None | 1 time | 2 times | 3 times | 4+ times |
| **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. | None | 1 time | 2 times | 3+ times |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **1** | **2** | **3** | **4** | **5** |
| **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 |

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|  | ***For Question #7 enter a value from 0 to 7.*** |  |
|  | **0** | **1** | **2** | **3** | **4** | **5** | **6** | **7** |
| **7. During the past 7 days, how many days were you physically active for at least 1 hour?** | **0 days** | **1 day** | **2 days** | **3 days** | **4 days** | **5 days** | **6 days** | **7 days** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **1** | **2** | **3** | **4** | **5** |
| **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 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **1** | **2** | **3** | **4** | **5** |
| **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 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **1** | **2** | **3** | **4** |
| **13. How confident are you in using measuring cups and measuring spoons?** | Not confident | Somewhatconfident |  Confident | Totally confident |
| **14. How confident are you in following directions in a recipe?** | Not confident | Somewhat confident |  Confident | Totally confident |