

# 3rd-5th Grade EFNEP Pre-Post Survey

Youth ID \_\_\_\_\_ Grade \_\_\_\_\_ Date \_\_\_\_\_

Pre  Post

	<p><b>1. In the past week, I drank fruit-flavored drinks or sports drinks ...</b></p> <ul style="list-style-type: none"><li><input type="radio"/> Never</li><li><input type="radio"/> 1-3 days</li><li><input type="radio"/> 4-6 days</li><li><input type="radio"/> About once a day</li><li><input type="radio"/> 2 or more times a day</li></ul>
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	<p><b>2. In the past week, I drank soda or pop ...</b></p> <ul style="list-style-type: none"><li><input type="radio"/> Never</li><li><input type="radio"/> 1-3 days</li><li><input type="radio"/> 4-6 days</li><li><input type="radio"/> About once a day</li><li><input type="radio"/> 2 or more times a day</li></ul>
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	<p><b>3. In the past week, I ate vegetables ...</b></p> <ul style="list-style-type: none"><li><input type="radio"/> Never</li><li><input type="radio"/> 1-3 days</li><li><input type="radio"/> 4-6 days</li><li><input type="radio"/> About once a day</li><li><input type="radio"/> 2 or more times a day</li></ul>
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	<p><b>4. In the past week, I ate <u>vegetables as a snack</u> ...</b></p> <ul style="list-style-type: none"><li><input type="radio"/> Never</li><li><input type="radio"/> 1-3 days</li><li><input type="radio"/> 4-6 days</li><li><input type="radio"/> About once a day</li><li><input type="radio"/> 2 or more times a day</li></ul>
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**5. In the past week, I ate fruit as a snack ...**

- Never
- 1-3 days
- 4-6 days
- About once a day
- 2 or more times a day



**6. In the past week, I ate vegetables at lunch ...**

- Never
- 1-3 days
- 4-6 days
- Every day



**7. When I am offered a new food, I will try it ...**

- Never or almost never
- Sometimes
- Most of the time
- Always or almost always



**8. I read Nutrition Facts labels ...**

- Never or almost never
- Sometimes
- Most of the time
- Always or almost always



**9. I wash fruits and vegetables before I eat them ...**

- Never or almost never
- Sometimes
- Most of the time
- Always or almost always
- Someone else does this for me



**10. When I make myself something to eat, I put cold foods back in the refrigerator right away ...**

- Never or almost never
- Sometimes
- Most of the time
- Always or almost always
- Someone else does this for me



**11. Before I eat or touch food, I wash my hands with warm water and soap for at least 20 seconds ...**

- Never or almost never
- Sometimes
- Most of the time
- Always or almost always



**12. In the past week, I did physical activities ...**

- Not at all
- 1-2 days
- 3-4 days (or some days)
- 5-6 days (or most days)
- 7 days (every day)



**13. In the past week, for how long did you usually do physical activities?**

- Less than 15 minutes a day
- About 15 minutes a day
- About 30 minutes a day
- About an hour a day
- More than an hour a day



**14. In the past week, when I was not doing homework, I used a computer, TV, smartphone, tablet or played video games ...**

- Less than 1 hour a day
- 1-2 hours a day
- 3-4 hours a day
- 5-6 hours a day
- 7 or more hours a day

Youth ID \_\_\_\_\_

Pre

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