

# Food Behavior Checklist

## 飲食行為清單

These questions are about the ways you plan and fix food.  
Think about how you usually do things.

這些問題是關於你計劃和安排食物的方法。  
想想你平常如何處理事情。

Date日期 \_\_\_\_\_

Entry  
 Exit

ID身分證#

First letter of your <b>FIRST</b> name	First letter of your <b>LAST</b> name	Birth MONTH	Birth DAY
A-Z	A-Z	01-12	01-31
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

1.



Choose one answer for each question.  
每個問題選擇一個回答。

Do you eat fruits or vegetables as snacks?  
你會否把水果或蔬菜當小吃?

- no  
不會
  yes,  
sometimes  
有時會
  yes,  
often  
經常會
  yes,  
everyday  
每天會

2.



Do you drink fruit drinks, sport drinks or punch?  
你會否喝水果飲料，運動飲料或混合飲料?

- no  
不會
  yes,  
sometimes  
有時會
  yes,  
often  
經常會
  yes,  
everyday  
每天會

3.



Did you have citrus fruit or citrus juice during the past week?

在過去的一周你有否進食過柑橘類水果或喝過柑橘類果汁?

- yes  
有
  no  
沒有

4.



Do you drink regular soda?

你會否喝普通汽水？

no  
不會

yes,  
sometimes  
有時會

yes,  
often  
經常會

yes,  
everyday  
每天會

5.



Did you drink milk or use milk on cereal during the past week?

在過去的一周你有否喝過牛奶或在玉米薄片裡加牛奶？

yes  
有

no  
沒有

6. Fruit: How much do you eat each day?

水果：你每天吃多少？



none  
沒有

1/2 cup  
½杯



1 cup  
1杯

1½ cups  
1½杯



2 cups  
2杯

2½ cups  
2½杯



3 cups or more  
3杯或更多

7. Vegetable: How much do you eat each day?

蔬菜：你每天吃多少？



none  
沒有

1/2 cup  
½杯



1 cup  
1杯

1½ cups  
1½杯



2 cups  
2杯

2½ cups  
2½杯



3 cups or more  
3杯或更多





13.



Do you eat 2 or more vegetables at your main meal?

你會在主餐吃兩樣或更多的蔬菜？

- no  
 不會
- yes, sometimes  
 有時會
- yes, often  
 經常會
- yes, everyday  
 每天會

14.



Do you use this label when food shopping?

當你選購食品時，會否使用這個標籤？

- no  
 不會
- yes, sometimes  
 有時會
- yes, often  
 經常會
- yes, always  
 一定會

15.



Do you run out of food before the end of the month?

在月底前你會否把糧食吃光？

- no  
 不會
- yes, sometimes  
 有時會
- yes, often  
 經常會
- yes, always  
 一定會

16.

How would you rate your eating habits?

你如何評價你的飲食習慣？

- 1 poor  
 差勁
- 2
- 3
- 4 fair  
 一般
- 5
- 6
- 7 good  
 良好
- 8
- 9
- 10 excellent  
 優秀

- Use the accompanying instruction guide when administering this tool.
- Research and development for this illustrated diet quality checklist were a joint effort of University of California (UC) Cooperative Extension, the California Nutrition Network, UC Davis Design Program and UC Davis Nutrition Department. Authors: Kathryn Sylva, Marilyn Townsend, Anna Martin, Diane Metz.
- The research for this diet quality instrument is available:  
 Townsend MS, Kaiser LL, Allen LH, Joy AB, Murphy SP. Selecting items for a food behavior checklist for a limited resource audience. *Journal of Nutrition Education and Behavior*. 2003;35:69-82.  
 Murphy SP, Kaiser LL, Townsend MS, Allen LH. Evaluation of Validity of Items in a Food Behavior Checklist. *Journal of the American Dietetic Association*. 2001;101:751-756, 161.  
 Townsend MS, Sylva KG, Martin A, Metz D, Wooten-Swanson P, Follett J, Keim N, Sugerman S. Visually Enhanced Evaluation for Low-income Clients. *J Nutr Educ Behav*. 2005; 37 (1):S49.
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