University of California

Food Behavior Checklist 飲食行爲清單

These questions are about the ways you plan and fix food. Think about how you <u>usually</u> 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	Ι	D身分證#	First letter of <u>your</u> FIRST name	First letter of <u>your</u> LAST name	Birth MONTH	Birth DAY	
1.		A-Z A-Z 01-12 01-31							
				eat fruits or 把水果或蔬 yes, sometimes 有時會	菜當		?	snacks' yes, everyda 每天會	ay
2.			punch?	drink fruit d 曷水果飲料	-,	_	料或	inks or	文料:
3.	OSANG: STANGER OF STAN	th 在	e past we	一周你有否	進食				

4.

Do you drink regular soda? 你會否喝普通汽水?

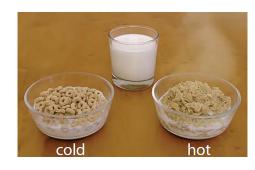
no ye

不會

yes, sometimes yes, often yes, everyday

有時會 經常會 每天會

5.



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

在過去的<u>一周</u>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 <u>day</u>? 水果:你每天吃多少?



none 沒有



1 cup 1杯



2 cups 2杯

 $1\frac{1}{2}$ cups

1%杯

 $1\frac{1}{2}$ cups

1%杯



2½ cups 2½杯 3 cups or more 3杯或更多

7. Vegetable: How much do you eat each <u>day</u>? 蔬菜: 你<u>每天</u>吃多少?

1/2 cup

%杯



none 沒有



1 cup 1/2 cup ½杯



2 cups 2杯



2½ cups 2½杯 3 cups or more 3杯或更多



Do you eat more than one kind of **fruit** each <u>day</u>? 你每天吃超過一種水果?

ono yes, yes, yes, yes, always 有時會 經常會 一定會

9.



Do you eat more than one kind of **vegetable** each <u>day</u>?

你每天吃超過一種蔬菜?

noyes,yes,yes,不會sometimesoftenalways有時會經常會一定會

10.



Do you drink milk?

你會否喝牛奶?

no yes, yes, yes, remains often everyday 有時會 經常會 每天會

11.



Do you take the skin off chicken? 你會否把雞皮去掉?

noyes,yes,yes,不會sometimesoftenalways有時會經常會一定會

12.



Did you have fish during the past week? 在過去的一周你有否進食魚類食品?

yes no 沒有

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?					
		ono yes, yes, yes, Temporal sometimes often everyday 有時會 經常會 每天會					
14.	Serving Size 5 Crackers (15g) Servings Per Container About 50 Amount Per Serving Calories 60 Calories from Fat 15 % Daily Value* Total Fat 1.5g 2% Saturated Fat .5g 2% Frans Fat .5g Polyunsaturated Fat 0g Monoursaturated Fat 5g Cholesterol 0mg 0% Sodium 170mg 7% Potassium 15mg 0% Total Carbohydrate 11g 4% Dietary Fiber 0g 0% Sugars 0g Protein 1g	Do you use this label when food shopping? 當你選購食品時,會否使用這個標籤? ono yes, yes, yes, yes, The sometimes often always 有時會 經常會 一定會					
15.	SCHOOL ON CONT.	Do you run out of food before the end of the month? 在月底前你會否把糧食吃光? one yes, yes, yes, yes, refer sometimes often always 有時會 經常會 一定會					
16.	How would you rate your e你如何評價你的飲食習慣	_					
	① ② ③ ④ ⑤ poor fair —般	6 7 8 9 10 excellent 慢秀					

- 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.

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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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