

Dear Student,

Hello! We are CalFresh Healthy Living, University of California (UC). Our program teaches young people about healthy eating and physical activity habits. Our goal is to help students stay healthy. Our program is funded by USDA. The program is free to your school or community.

To find out how well our lessons work, we ask that you complete this survey. However, completing the survey is totally voluntary. *Voluntary* means you can agree or not agree to complete it. It is up to you. You may also skip questions you do not want to answer. But, we hope that you will answer all of them. Any information about who you are will be kept secret. We will not share your name or id number.

If you have any questions about the survey, just ask us!

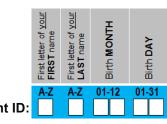
Name of your local CalFresh Healthy Living, UC educator:	
Phone number:	

You may also contact our CalFresh Healthy Living, UC State Director: Kamaljeet Khaira, University of California at Davis, 1632 DaVinci Court, Room #31, Davis CA 95618 (530) 752-0555

If you have any concerns or complaints about our CalFresh Healthy Living, UC evaluation, you may also contact the Institutional Review Board, University of California at Davis at (916) 703-9151, from 8:00 a.m. to 5:00 p.m., Monday through Friday, or by writing to the Institutional Review Board, CTSC Bldg., Suite 1400, Rm. 1429, 2921 Stockton Blvd., Sacramento, California 95817.

This material was funded through a joint agreement among the USDA/FNS, CDSS CalFresh Healthy Living Section, UC Davis and the UC Cooperative Extension (UCCE). . These institutions are equal opportunity providers and employers. CalFresh Food provides assistance to low-income households and can help buy nutritious foods for better health. For information, call 1-877-847-3663.

Hunger Attack! Feed Your Appetite, Protect Your Wallet **PRE-TEST**



Student ID:	ſ
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Check the box that best matches your answer. You will not be graded and all your answers will be kept private.		Number of Times		Гimes	
1. Yesterday, how many <u>times</u> did you	0	1	2	3	4 or More
A. eat vegetables, not counting French fries? Include cooked vegetables, raw vegetables, and salads. Count each type of vegetable separately, like if you ate a salad with lettuce and tomato $= 2$ times.					
B. eat fruit, not counting fruit juice? Include fresh, frozen, canned, and dried fruits. Count each type of fruit <u>separately</u> , like if you ate a mango pineapple fruit $cup = 2$ times.					
C. drink milk (nonfat, 1% low-fat milk, chocolate or flavored) and/or ate food made with milk like cereal, yogurt, smoothies, cereal, etc.?					
D. drink sweetened drinks like soda, fruit-flavored drinks, sports drinks, energy drinks, and vitamin water? Do not include 100% fruit juice.					

2. How often do you	Never	Seldom	Sometimes	Often	Always
A. choose to eat whole grain products, like 100% whole wheat bread or brown rice vs. white bread or white rice?					
B. choose low-fat foods when eating out, like low-fat dressing, plain baked potato, or grilled chicken?					
C. wash your hands before eating?					
D. wash fruits and vegetables before eating them?					
E. check the expiration date before eating or drinking foods?					
F. help your family by using store coupons, going to a food pantry, or finding other free or low-cost food resources?					

3. What do you know?

	True	False
A. Snacks are cheapest at convenience stores.		
B. Snacks can be healthy and inexpensive.		
C. Food from a vending machine costs more than food from most other sources.		
D. A good time to go grocery shopping is after you have eaten.		
E. Food displayed at the end of the aisle is always on sale.		
F. Food displayed on the bottom shelves usually costs more than food at eye-level.		
G. Making food at home is usually cheaper than buying food out.		

4. How <u>often</u> do you	Never	Seldom	Sometimes	Often	Always
A. use coupons at the grocery store?					
B. buy snacks at the movies?					
C. use vending machines to buy beverages or food?					
D. buy from food cart at school?					
E. track how much you spend on food each week?					
F. use coupons at restaurants?					
G. join a frequent buyers club at your favorite restaurants or coffee houses?					
H. look for special offers at the places you like to eat?					

5. How <u>often</u> do you	Never	Seldom	Sometimes	Often	Always
A. keep track of what you eat?					
B. share a meal with a friend instead of buying two individual meals?					
C. drink water with a meal instead of buying a beverage?					
D. carry snacks so you don't have to buy them while you're away from home?					
E. worry about too much fat and sugar in your food?					

ABOUT YOU

A) How old are you? _____years

B) What grade are you in?

C) What is your gender? □ Female □ Male

D) Are you (Check one or more): Asian Native American Black or African American White

F) Hispanic?

□ Yes

🗖 No

E) Do you worry about having enough food to eat?

For Office Use Only Classroom #: School/Site Name:

County:



grade



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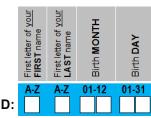
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Student ID:

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6.	Thinking	of "Hunger	Attack",	write	down 3	or
m	ore words	that come to	o mind.			

7. After finishing, what are some things you learned?

9. Did you make any changes in your daily food and food buying choices?

10. Do you worry about having enough food to eat?

8. How do you plan to use the things you learned?

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