

UNIVERSITY OF CALIFORNIA



cal fresh Nutrition Education

Dear Student,

Hello! We are the University of California CalFresh Program (UC CalFresh). 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 UC CalFresh educator: _____

Phone number: _____

You may also contact our UC CalFresh State Director:

Kamaljeet Khaira, University of California at Davis, One Shields Ave, Davis CA 95616
(530) 752-0555

If you have any concerns or complaints about our UC CalFresh Nutrition 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.

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County: _____ Grade: 4th 5th 6th

Date: _____ Survey: Pre Post Student ID#:

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

About Me

1. How much do you like to try new foods?
 - A lot
 - A little
 - Do not like
 - Really do not like
 - Don't know
2. How much do you like to cook?
 - A lot
 - A little
 - Do not like
 - Really do not like
 - Don't know—have never done it
3. How much do you like to wash dishes?
 - A lot
 - A little
 - Do not like
 - Really do not like
 - Don't know-have never done it
4. How would you rate yourself as a cook?
 - Great!
 - Good
 - Okay
 - Not so good
 - Don't know—never tried cooking

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What I do

Statements # 1-to 4 below are about the foods and beverages you eat and drink. Think about the last week and pick the best answer.

1. I drink milk with dinner.



- Every day
- Most days
- Sometimes
- Not very often
- Never

2. I eat more than one kind of vegetables.



- Every day
- Most days
- Sometimes
- Not very often
- Never

3. I eat more than one kind of fruit.



- Every day
- Most days
- Sometimes
- Not very often
- Never

4. I drink sweetened beverages like soda, sports drinks, or Kool-aid.



- Every day
- Most days
- Sometimes
- Not very often
- Never

5. I helped prepare a meal at home last week.

- Every day
- Some days
- At least one time
- Not at all

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6. I prepared a snack at home last week.

- Every day
- Some days
- At least one time
- Not at all

What I know about food and cooking

1. What is the best way to get your hands really clean ?

- Rinse them with cold water
- Wash them with soap and warm water
- Rinse them with hot water
- Use hand sanitizer

2. Washing your hands before cooking keeps you from getting sick.

- True
- False
- Not sure

3. Which MyPlate food groups are in a meal of cheese pizza and orange juice?
(mark all that apply)



- Grains
- Vegetables
- Fruit
- Dairy
- Protein

4. MyPlate can be used as a guide to plan a balanced meal.



- True
- False
- Not sure

5. Which of the following is **not** a whole grain?

- Popcorn
- Whole wheat bread
- White rice
- Oatmeal
- Brown rice

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6. Which of the following is not a physical activity?
- Playing a relay game
 - Playing soccer
 - Dancing
 - Watching TV
 - Walking to school
7. Kids need at least an hour of physical activity every day to be healthy.
- True
 - False
 - Not sure
8. You can use color to choose a variety of fruit and vegetables everyday.
- True
 - False
 - Not sure