



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.

Date: __/__/__		Site Name:		County:	
# of Students:		Grade: <input type="checkbox"/> 4 th <input type="checkbox"/> 5 th <input type="checkbox"/> 6 th		PEARS Program Activity ID:	

Instructions: Read the student consent form together which explains the purpose of the program and voluntary nature of the survey. Only record the responses to the second question (b) for each topic.

Responses can be collected from students virtually using any of the following options:

- Answer a poll you have created within the platform.
- Type their response into the platform’s chat feature. If possible, have them privately chat only to you.
- Type their response on the platform’s whiteboard or add a reaction emoji or symbol on the platform’s whiteboard.
- Use reaction emojis on their video screen to indicate their response (e.g., 😊 emoji = yes, 😞 emoji = no, 😐 emoji = maybe).
- Raise their hand in real life (only if their video is turned on).

Example script: I’ve enjoyed visiting with your class. Now, I’m going to ask you some questions about what we’ve been talking about. I’m also going to ask you how you think you **might** use this information. There are no right or wrong answers. Just pick the response that you think best describes what you will do.

FRUIT:

1a. One type of food that we’ve talked about was **fruit** – this is one of the food groups with lots of vitamins and natural sugars. Can anyone remember any examples of fruits that we talked about? *Let students volunteer examples. If not too many examples given, mention some that have been discussed during the lessons.*







1b. Thinking about **fruit**, I have a question for you.

When I have a choice,			NO, I don't think so	MAYBE, I'm not sure	YES, I think so
1b. I will try to eat MORE fruits			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

VEGETABLES:

2a. Another type of food that we've talked about was **vegetables** – this is another one of the food groups also with lots of vitamins. Can anyone remember any examples of vegetables that we talked about? *Let students volunteer examples. If not too many examples given, mention some that have been discussed during the lessons.*







2b. Thinking about **vegetables**, I have a question for you.

When I have a choice,	NO, I don't think so 	MAYBE, I'm not sure 	YES, I think so 
2b. I will try to eat MORE vegetables   	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SOMETIMES FOODS:

3a. Another type of food that we've talked about was **sometimes foods** – these were foods high in sugar, fat and/or salt. Can anyone remember any examples of sometimes foods that we talked about? *Let students volunteer examples. If not too many examples given, mention some that have been discussed during the lessons.*







3b. Thinking about **sometimes foods**, I have a question for you.

When I have a choice,	NO, I don't think so 	MAYBE, I'm not sure 	YES, I think so 
3b. I will try to eat LESS sometimes food(s)   	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SUGAR SWEETENED BEVERAGES:

4a. We also talked about **sugar sweetened beverages** – and that some beverages have lots of added sugars. Can anyone remember any examples of different types of sugar sweetened beverages that we talked about? *Let students volunteer examples. If not too many examples given, mention some types such as regular soda, fruit flavored drinks or juices not 100% juice, sports drinks, flavored milks, and sweetened teas or coffee drinks.*

4b. Thinking about **sugar sweetened beverages**, I have a question for you.





When I have a choice,	NO, I don't think so 	MAYBE, I'm not sure 	YES, I think so 
4b. I will try to drink LESS sugar sweetened beverages like fruit drinks, flavored milk, soda, sports drinks, and sweet coffee/tea drinks?   	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If curriculum included promotion of water.

WATER:

5a. We've also talked about drinking **water** – and how water helps your body. Can anyone remember how water helps your body? Let students volunteer examples. *If no one mentions staying hydrated, mention that water helps your body stay hydrated.*

5b. Thinking about **water**, I have a question for you.





When I have a choice,	NO, I don't think so 	MAYBE, I'm not sure 	YES, I think so 
5b. I will drink water 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If curriculum included promotion of physical activity.

PHYSICAL ACTIVITY:

6a. We've also talked about the importance of **physical activity**. What are some examples of physical activities that we talked about that get our heart pumping and that help us meet the recommendation of 60 minutes of physical activity per day? *Let students volunteer examples. If not too many examples given, mention some that have been discussed during the lessons.*

6b. Thinking about **physical activity**, I have a question for you.

When I have a choice,	NO, I don't think so 	MAYBE, I'm not sure 	YES, I think so 
6b. I will try to get MORE physical activity 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Open-ended questions

*If there is time and the opportunity for students to privately chat just to you (the Community Educator), consider choosing to include **one or more** of the following questions:*

7) What one thing was most fun about these classes?
8) What one thing would you change about these classes?
9). What one thing did you learn from these classes?
10). What one thing will you do differently because of these classes?