

County _____
Today's Date _____
Pre _____ or Post _____

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

Under current validation July 2011

Contact UC ANR Nutrition Specialist, Lucia Kaiser for more information:
llkaiser@ucdavis.edu or (530) 754-9063

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

Under current validation July 2011

Contact UC ANR Nutrition Specialist, Lucia Kaiser for more information:

lkaiser@ucdavis.edu or (530) 754-9063

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

Under current validation July 2011

Contact UC ANR Nutrition Specialist, Lucia Kaiser for more information:
lkaiser@ucdavis.edu or (530) 754-9063

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

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

6. I prepared a snack at home last week.

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

Under current validation July 2011

Contact UC ANR Nutrition Specialist, Lucia Kaiser for more information:
llkaiser@ucdavis.edu or (530) 754-9063

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 MyPyramid food groups are in a meal of cheese pizza and orange juice?
(mark all that apply)



- Grains
- Vegetables
- Fruit
- Milk
- Meat and Beans

Under current validation July 2011

Contact UC ANR Nutrition Specialist, Lucia Kaiser for more information:
lkaiser@ucdavis.edu or (530) 754-9063

4. MyPyramid 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

6. Which of the following is **not** a physical activity?

- Playing a relay game
- Playing soccer
- Dancing
- Watching TV
- Walking to school

Under current validation July 2011

Contact UC ANR Nutrition Specialist, Lucia Kaiser for more information:
llkaiser@ucdavis.edu or (530) 754-9063

7. Kids need at least a 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

Under current validation July 2011

Contact UC ANR Nutrition Specialist, Lucia Kaiser for more information:

lkaiser@ucdavis.edu or (530) 754-9063