



# POST-PROGRAM QUESTIONNAIRE

Do NOT write your name on the survey. Please answer the following questions by circling your answer or writing it on the line. Remember, all your answers are private.

1. How old are you? \_\_\_\_\_

2. What grade are you in? \_\_\_\_\_

3. Think about foods you eat each day. Today, how many servings of fruit did you eat? A serving is equal to 1 piece of fruit, ½ cup of fruit salad, ½ cup of dried fruit, or 1 cup of 100% juice. Circle the number that corresponds with your answer.

0      1      2      3      4      5 or more

4. Today, how many servings of vegetables did you eat? A serving is equal to 1 fresh vegetable, 1 small bowl of green salad, or ½ cup of cooked vegetables. DO NOT count French fries or potato chips as a serving of vegetables.

0      1      2      3      4      5 or more

5. During the past 7 days, on how many days did you eat breakfast?

a. 0 days (none)

b. 1 day

c. 2 days

d. 3 days

e. 4 days

f. 5 days

g. 6 days

h. 7 days (every day)

6. What do you eat most often for breakfast?

\_\_\_\_\_  
\_\_\_\_\_

7. Do you drink soda?  Yes  No

How many sodas do you drink in a day? \_\_\_\_\_

In a week? \_\_\_\_\_

8. Do you drink energy drinks?  Yes  No

How many energy drinks do you drink in a day? \_\_\_\_\_

In a week? \_\_\_\_\_

9. Do you drink juice (Kool-Aid, Capri Sun, or juice in a box)?

Yes  No

How many juices do you drink in a day? \_\_\_\_\_

In a week? \_\_\_\_\_

10. Now, try to visualize the amount of sugar that you think is in a regular 12 oz can of Coke. If you were to make a pile with that sugar which of the following do you think it would be the closest in size to?

- a. A marble
- b. A golf ball
- c. A tennis ball

11. What are the three most common things you have for a snack after school?

\_\_\_\_\_  
\_\_\_\_\_

12. During the past 7 days, on how many days did you eat dinner with your parent(s) or guardian(s)?

- a. 0 days (none)
- b. 1 day
- c. 2 days
- d. 3 days
- e. 4 days
- f. 5 days
- g. 6 days
- h. 7 days (every day)

13. How often do you help cook meals at home?

- a. Never
- b. Rarely
- c. Sometimes
- d. Often
- e. Always

14. How often do you help with the grocery shopping?

- a. Never
- b. Rarely
- c. Sometimes
- d. Often
- e. Always

15. How often do you read nutrition labels to see what a food is made of?

- a. Never
- b. Rarely
- c. Sometimes
- d. Often
- e. Always

16. What do you usually eat for dinner?

\_\_\_\_\_  
\_\_\_\_\_

17. How often do you eat fast-food (e.g., McDonald's, Taco Bell, Pizza) or food from a restaurant?

- a. Never (0 days per week)
- b. Rarely (less than 1 day per week)
- c. Sometimes (1-2 days per week)
- d. About half the time (3-4 days per week)
- e. Almost always (5-6 days per week)
- f. All the time (7 days per week)

18. Try to visualize the amount of fat you think is in a super-sized McDonald's Meal (Big Mac, large fries, and a chocolate shake). If you were able to squish all of that fat into a ball, which of the following would it most resemble?

- a. A marble
- b. A golf ball
- c. A tennis ball

19. What do you think makes food healthy?

\_\_\_\_\_  
\_\_\_\_\_

20. What do you think makes food unhealthy?

\_\_\_\_\_  
\_\_\_\_\_

21. Which of the following motivates you to make healthy food choices? (circle all that apply)

- a. My friends and family
- b. It makes me feel good
- c. I don't want to get sick
- d. I'm not motivated

22. How much did you like Food Explorers?

- a. I did NOT like Food Explorers at all.
- b. I liked Food Explorers a little bit.
- c. I liked Food Explorers A LOT.

23. How important to you were the lessons in Food Explorers?

- a. The lessons were NOT important to me at all.
- b. The lessons were a little bit important to me.
- c. The lessons were VERY important to me

24. How much did you learn from Food Explorers?

- a. I did NOT learn anything.
- b. I learned a little bit.
- c. I learned a LOT

25. How much did Food Explorers change what you eat/drink?

- a. It did NOT change the way I eat at all.
- b. It changed the way I eat a little bit.
- c. It changed the way I eat in a BIG way.

26. If you've made any changes to what you eat/drink, what are they?

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27. What did you like most about Food Explorers?

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28. Was there anything you DID NOT like about Food Explorers?

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29. What was something new you learned in Food Explorers?

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30. What food would you most like to make again?

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31. What will you remember most from Food Explorers?

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