Name: _____ School: _____ Teacher: _____

____ 1. Do you try to eat foods from all of the food groups every day?
A. Almost Always
B. Sometimes
C. Almost Never
D. Never

____ 2. Before the 4-H food lessons, how often did you try to eat foods from all of the food groups every day?
A. Almost Always
B. Sometimes
C. Almost Never
D. Never

____ 3. Do you eat fruit or drink juice every day?
A. Almost Always
B. Sometimes
C. Almost Never
D. Never

____ 4. Before the 4-H food lessons, how often did you eat fruit or drink juice every day?
A. Almost Always
B. Sometimes
C. Almost Never
D. Never

____ 5. Do you eat a vegetable every day?
A. Almost Always
B. Sometimes
C. Almost Never
D. Never

____ 6. Before the 4-H food lessons, how often did you eat a vegetable every day?
A. Almost Always
B. Sometimes
C. Almost Never
D. Never

____ 7. Do you exercise every day?
A. Almost Always
B. Sometimes
C. Almost Never
D. Never

____ 8. Before the 4-H food lessons, how often did you exercise every day?
A. Almost Always
B. Sometimes
C. Almost Never
D. Never

____ 9. All food groups have recommended serving sizes. For grains, one slice of bread, one cup of cereal, or 1/2 cup of rice is about 1 ounce. How well do you understand this?
A. Very Well
B. Pretty Well
C. Sort of
D. Not at All

-- Over --

____ 10. Before the 4-H food lessons, how well did you understand what a recommended serving was?
A. Very Well
B. Pretty Well
C. Sort of
D. Not at All

____ 11. Do you feel you can use food labels to compare fat and calories?
A. Very Sure
B. Pretty Sure
C. Sort of Sure
D. Not Sure at All

____ 12. Before the 4-H food lessons, do you feel you could have used the food labels to compare fat and calories?
A. Very Sure
B. Pretty Sure
C. Sort of Sure
D. Not Sure at All

____ 13. Do you feel you know what foods to eat to be healthy?
A. Very Sure
B. Pretty Sure
C. Sort of Sure
D. Not Sure at All

____ 14. Before the 4-H food lessons, did you feel you knew what foods to eat to be healthy?
A. Very Sure
B. Pretty Sure
C. Sort of Sure
D. Not Sure at All

____ 15. Soda contains "empty calories." How well do you understand what this means?
A. Very Well
B. Pretty Well
C. Sort of
D. Not at All

____ 16. Before the 4-H food lessons, how well did you understand what "empty calories" means?
A. Very Well
B. Pretty Well
C. Sort of
D. Not at All

____ 17. How often do you drink sweet tea or soda?
A. Almost Always
B. Sometimes
C. Almost Never
D. Never

____ 18. Because of the 4-H food lessons, do you think you will have a reduction in your consumption of sweet tea or soda?
A. Yes
B. No