

# General Nutrition - Before We Start

Any information that you provide will be kept confidential and will help us as we evaluate our program and make improvements.

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Your first and last initials and last 4 digits of your home phone.

To keep this information confidential we are asking that you write your first and last initials and the last 4 digits of your home phone number. For example, if your name is John Smith and your phone number is 555-4433, you would write JS4433.

1. Gender:  Male  Female

**MARKING INSTRUCTIONS**

CORRECT:  INCORRECT:

2. Birthdate: 

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3. Race/Ethnicity:  African American  American Indian or Alaskan Native  
*(select one only)*  Asian  Native Hawaiian or Pacific Islander  
 Hispanic  Other  
 White (Non-Hispanic)  Multiracial

4. Would you say that in general your health is . . .  
 Excellent  Very good  Good  Fair  Poor  Don't know / Not sure

5. During the past month, other than your regular job, did you participate in any moderate or vigorous intensity physical activities or exercises, such as the ones listed below  Yes  No

MODERATE INTENSITY: You can talk, but not sing- walking briskly, water aerobics, bicycling slowly, tennis (doubles), general dancing, general gardening.

VIGOROUS INTENSITY: You're unable to say more than a few words without pausing for a breath- race walking, jogging, running, swimming laps, aerobic dancing, tennis (singles), fast bicycling, hiking uphill, heavy gardening (continuous digging or hoeing).

a. How many times per week did you take part in these activities during the past month? 

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 times per week

b. And when you took part in these activities, for how many minutes did you usually keep at it? 

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 minutes

6. Generally speaking, how much of your lunch and dinner plates are filled with fruits and vegetables?



7. How many times a day do you eat fruit? Examples of fruits are apples, bananas, oranges, grapes, raisins, melon, and berries. Include fresh, frozen, dried, or canned fruit. Do not include juice.

I rarely eat fruit  1 time a day  3 times a day  
 Less than 1 time a day (a couple times a week)  2 times a day  4 or more times a day



Please continue on the other side



**MARKING INSTRUCTIONS**

CORRECT: ● INCORRECT: ☒ ☓ ☐ ☑

8. **How many times a day do you eat vegetables?** Examples of vegetables are green salad, corn, green beans, carrots, potatoes, greens, and squash. Include fresh, canned and frozen vegetables. Do not count French fries, potato chips or rice.
- I rarely eat vegetables       1 time a day       3 times a day  
 Less than 1 time a day (a couple times a week)       2 times a day       4 or more times a day

9. **How often do you drink regular sodas (not diet)?**
- Never       1 time a day       3 times a day  
 1 - 3 times a week       2 times a day       4 or more times a day  
 4 - 6 times a week

10. **How often do you drink fruit punch, fruit drinks, sweet tea or sports drinks?**
- Never       1 time a day       3 times a day  
 1 - 3 times a week       2 times a day       4 or more times a day  
 4 - 6 times a week

11. **Currently, about how many meals (breakfast, lunch, or dinner) do you or your family eat away from home (restaurants, fast food, etc...) each week? Do not include meals your child eats at school.**

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12. **What is the total amount spent each week on all the meals listed in question 11? Do not include money spent on meals your child eats at school.**

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13. **Please indicate how often you do each of the follow (or mark "not sure" if appropriate).**

How often do you . . .	Never	Hardly Ever	Some of the time	Most of the time	All of the time	Not Sure
Plan your meals in advance?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use a list when shopping for food?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wash your hands with water and soap for 20 seconds before preparing food?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wash your fruits and vegetables before eating or preparing them?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Thank You!**

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