



First & Last Name: _____

Age: _____

Date: _____

Gender: Male Female

What Do I Think?

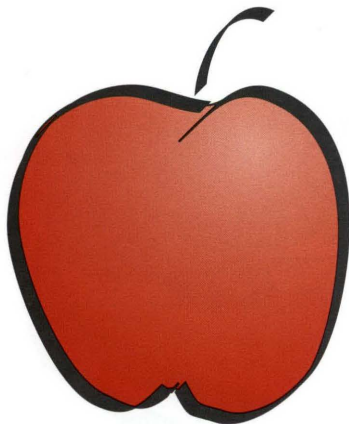
Before After

Practice Questions **Circle your answers**

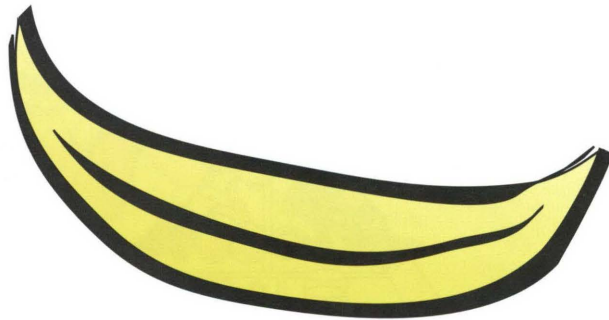
Which of these fruits is your favorite?

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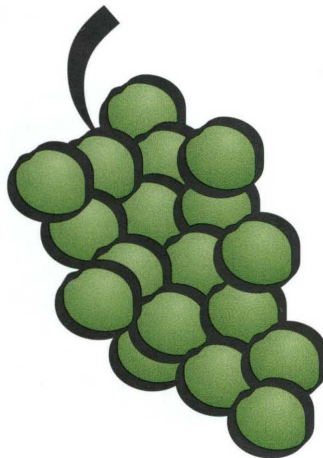
a.



b.



c.



d.



I THINK I can eat a healthy breakfast in the morning before coming to school.

a. Really Disagree b. Disagree c. Not sure d. Agree e. Really Agree

Please wait for directions before turning to the next page.

*18USC707



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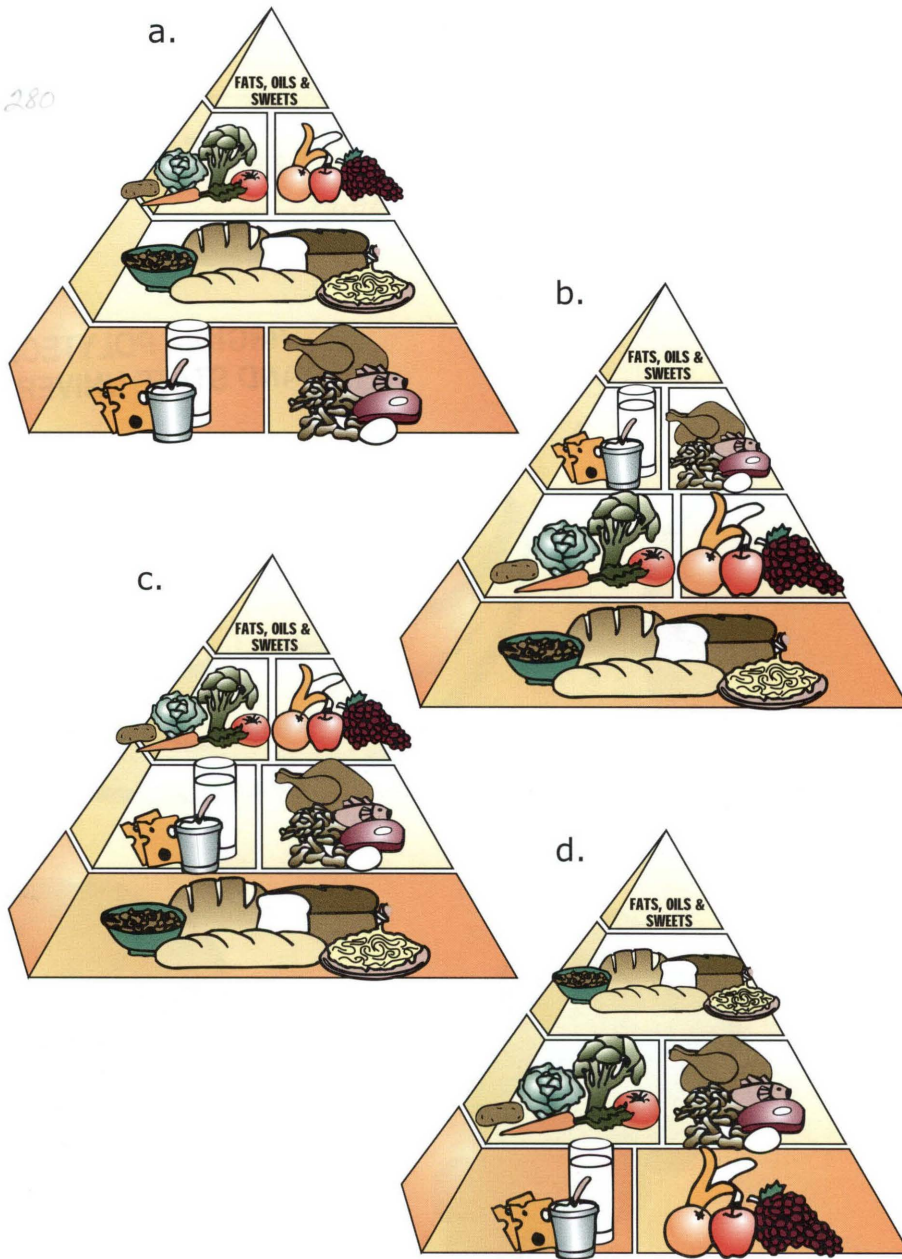


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**Instructions: Discover what YOU think.
Circle ONE answer for each question that tells us what YOU think.**

1) Which is the correct Food Guide Pyramid?

LD
5655
A762
no. 348-280
C.2



2) I THINK I can use the Food Guide Pyramid to plan my meals and snacks.

- a. Really Disagree b. Disagree c. Not sure d. Agree e. Really Agree

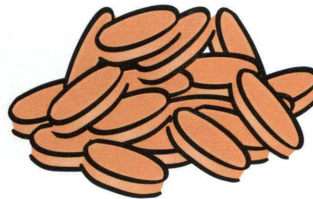
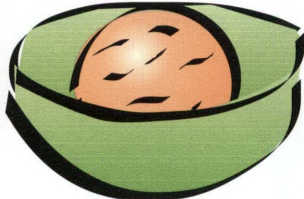
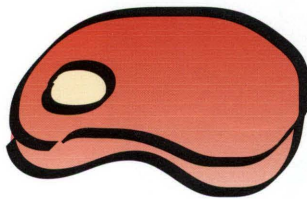
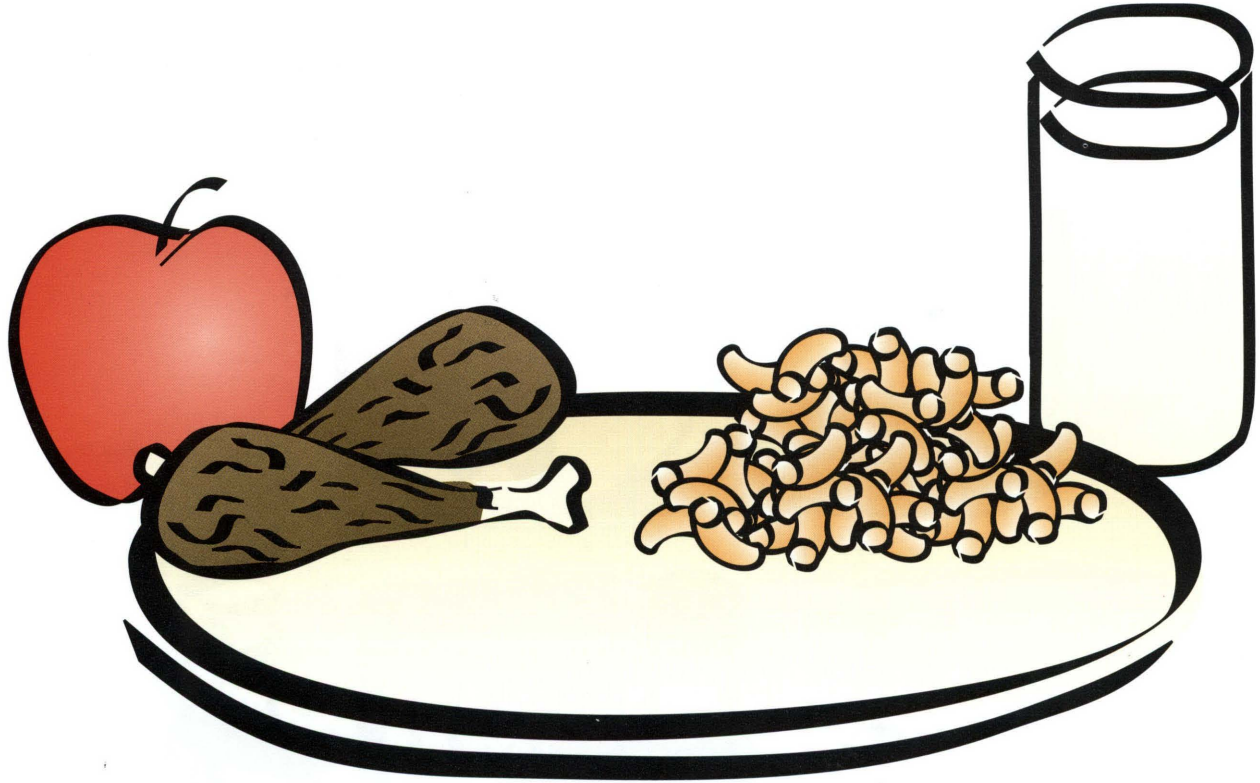
3) Imagine a well-balanced meal. Which of these foods would you add to the plate of pasta, chicken, apple, and a glass of milk?

a. steak

b. orange sherbet

c. carrots

d. corn bread



4) I THINK I can choose a healthy portion size for me.

a. Really Disagree

b. Disagree

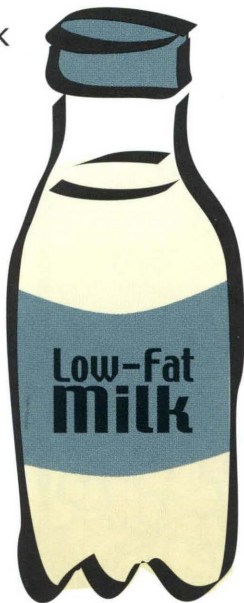
c. Not sure

d. Agree

e. Really Agree

5) You are standing in front of a vending machine. Which of these drinks is the LEAST healthy to drink, and belongs in the "sometimes"—NOT "everyday"—category?

a. low-fat milk



b. 100% juice



c. water



d. fruit drink



6) I THINK that knowing the amount of fat and sugar is important to making healthier drink choices.

a. Really Disagree

b. Disagree

c. Not sure

d. Agree

e. Really Agree

7) Imagine that you want to become more active. Which of these activities should you do the LEAST?

a. walking



b. throwing a ball



c. watching sports



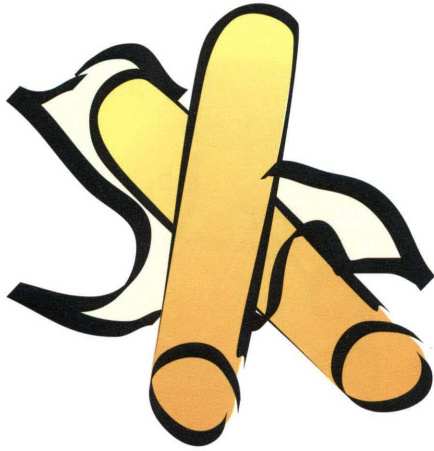
d. riding a bike



8) I THINK that physical activity can be easy to include every day.

- a. Really Disagree b. Disagree c. Not sure d. Agree e. Really Agree

9) If you were going to eat a healthy snack, which of these cheeses is the LEAST healthy choice?



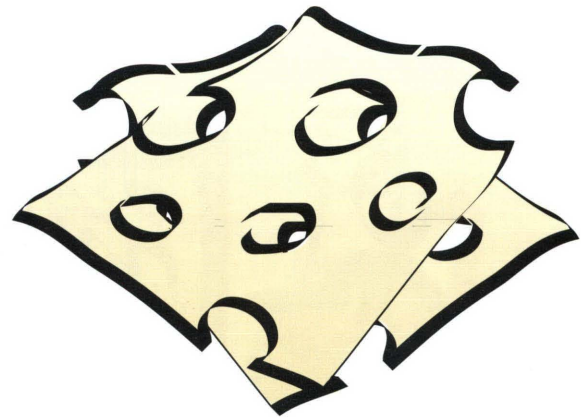
a. string cheese



b. cottage cheese



c. cream cheese

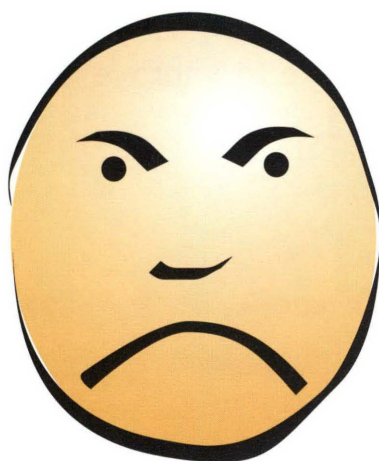


d. swiss cheese

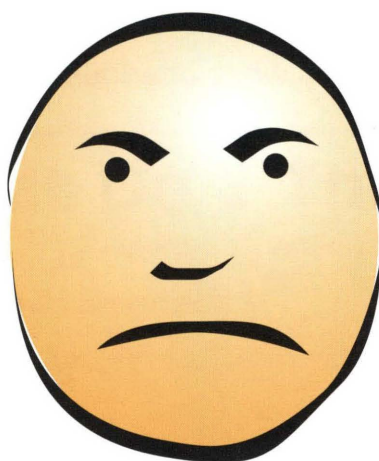
10) I THINK I can choose snacks that have the nutrients my body needs.

- a. Really Disagree b. Disagree c. Not sure d. Agree e. Really Agree

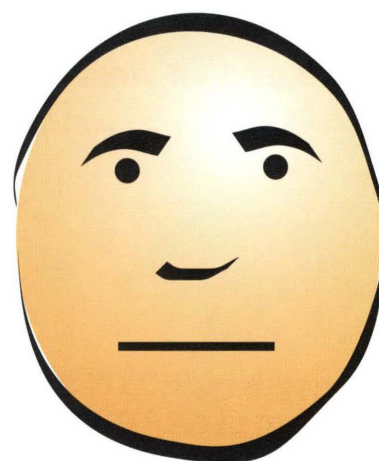
11) Think about how your body looks. Which of these faces shows how you feel about your body?



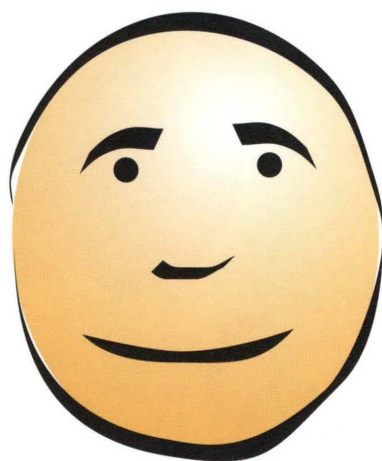
a. really unhappy



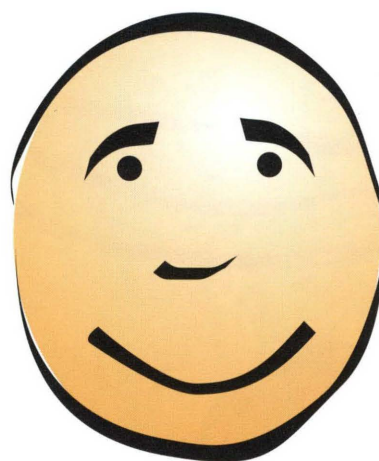
b. unhappy



c. not sure



d. happy



e. really happy

12) I THINK I can form an opinion of people by who they are (their character) and NOT just how they look (their appearance).

- a. Really Disagree b. Disagree c. Not sure d. Agree e. Really Agree

13) I THINK eating healthy foods helps me think and concentrate better in school.

a. Really Disagree b. Disagree c. Not sure d. Agree e. Really Agree

14) Based on what you know now, what changes could you make to improve your health?

15) What else about your health would you like to learn about?

This concludes this survey about you and your health.

If there is anything else you would like to add, please write in this space.

I think ...

THANK YOU!