



More About You

Name: _____

Age: _____

Grade: _____

Gender (sex): *Circle one.*

- 1. Male
- 2. Female

Ethnicity (race): *Circle one or two that apply to you.*

- 1. White, not of Hispanic origin
- 2. Black, not of Hispanic origin
- 3. American Indian or Alaskan Native
- 4. Hispanic
- 5. Asian or Pacific Islander

TO BE COMPLETED BY STAFF

1) PA Name & ID # _____

2) Date Completed: _____

3) Check one: ___ PRE-TEST ___ POST-TEST

4) Youth ID #: _____

5) Group Name: _____

6) Group ID #: _____ (ERS-assigned #)

7) Unit ID # _____

SAMPLE QUESTIONS:

1. When you leave school in the afternoon, how often do you take a book home with you?

- 1. Never (means you never take a book with you)
- 2. Not very often (means you almost never, only once in a while, take a book with you)
- 3. Most of the time (means that you do take a book, quite often)
- 4. Always (means that you take a book every time or almost every time you leave school).

2. How often do you comb or brush your hair?

- 1. Not every day (means *less than* once a day)
- 2. Once a day (means only one time each day)
- 3. Twice a day (means only two times each day)
- 4. Three or more (means only three or more times each day) times a day.

3. If a movie came on television at 7:00 o'clock and ended at 9:00 o'clock, how many hours did the movie last? _____.

STOP! DO NOT TURN THE PAGE UNTIL YOU ARE TOLD.

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For each of the questions, circle the number beside the answer that tells us about you. Circle only one answer for each question. **Thank you.**

1. How often do you have vegetables or fruits as a snack?
 1. Never
 2. Not very often
 3. Most of the time
 4. Always

2. How often do you prepare foods or help someone else prepare something to eat?
 1. Never
 2. Not very often
 3. Most of the time
 4. Always

3. How often do you rinse fruit before you eat it?
 1. Never
 2. Not very often
 3. Most of the time
 4. Always

4. How often do you wash your hands before preparing or eating food?
 1. Never
 2. Not very often
 3. Most of the time
 4. Always

5. How often do you try new foods (foods that you have never eaten before)?
 1. Never
 2. Not very often
 3. Most of the time
 4. Always

6. How often do you eat breakfast?
 1. Never
 2. Not very often
 3. Most of the time
 4. Always

7. How often do you eat fruit?
 1. Not every day.
 2. Once a day.
 3. Twice a day.
 4. Three or more times a day.

8. How often do you drink milk, or have milk on cereal?
 1. Not every day.
 2. Once a day.
 3. Twice a day.
 4. Three or more times a day.

9. How often do you eat at least one vegetable?
 1. Not every day.
 2. Once a day.
 3. Twice a day.
 4. Three or more times a day.

10. How often do you drink fruit juice?
 1. Not every day.
 2. Once a day.
 3. Twice a day.
 4. Three or more times a day.

11. How often do you eat foods like candy, cup cakes, potato chips, cheese doodles, or corn chips?
 1. Not every day.
 2. Once a day.
 3. Twice a day.
 4. Three or more times a day.

12. How often do you eat one or more of these foods?
(Pintos or other beans, black-eyed peas, leafy green vegetables, or unpeeled fruits)
 1. Never
 2. About once a week
 3. Several times a week
 4. Every day

13. How often do you choose the foods you eat based on the Food Guide Pyramid?
 1. Never
 2. Not very often
 3. Most of the time
 4. Always
 5. Don't know what the Food Guide Pyramid is.

Complete this section before going to Question 14.

- A. What time do you usually go to bed at night? _____ O'clock
B. What time do you usually get home on school days? _____ O'clock
C. Subtract B from A to get the hours between school and bedtime. _____ Hours

14. For the hours you have at home after school and before bedtime (Item C in the box), how much time do you spend on homework, watching TV, movies and videos, or playing video or board games?
1. 1 hour or less
 2. 2 hours
 3. 3 hours
 4. 4 hours
 5. 5 hours or more
15. If you had a Saturday afternoon that you could do what you wanted, what would you do?
1. Watch TV or videos, or play video games
 2. Read a book or play in the house with games or toys
 3. Play outside in the yard, park, or playground
 4. Play active sports or games, with friends or alone

That's all! Thank you.