

Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

VIRGINIA'S LAND GRANT UNIVERSITIES

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Student Information Handout
Lesson 2
Behavior Modification

Nutrition Questionnaire

Part A

Some statements about nutrition and weight control are given below. Circle "T" if the statement is true OR circle "F" if the statement is false.

1. A glass of skim milk has fewer calories than the same amount of the average soft drink. T F
2. The butter on a slice of bread often has more calories than the bread itself. T F
3. Green peppers are a good source of vitamin C. T F
4. Most excess weight is the result of glandular problems. T F
5. You are classed as over-weight if you weigh 10 percent more than the desirable weight for your height and bone structure. T F
6. A calorie is a unit of measure of the energy available in a food. T F
7. Excess weight can shorten your life expectancy. T F
8. Active people need more food than inactive people. T F
9. You can lose weight by cutting down on the amounts of food eaten instead of cutting out any kinds of food. T F
10. Some foods by themselves contain all the nutrients in the amounts needed for optimum growth and health. T F
11. Milk is an excellent source of vitamin C. T F
12. Citrus fruits include strawberries, raspberries, and blueberries. T F
13. Grapefruit burns up fat. T F
14. A loss of 1 to 2 lbs./week is recommended as a safe rate of weight loss. T F
15. High protein foods have no calories. T F
16. A serving of vegetables is 1/2 cup. T F

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17. Margarine contains less calories than butter T F
18. There is an increased risk of developing certain diseases if you are obese. T F
19. To lose an average of one lb./week, it is necessary to decrease intake by 500 calories/day or 3500 calories/week. T F
20. Skim milk has about the same amount of minerals and protein as whole milk. T F
21. A reducing diet should not contain bread or potatoes. T F
22. At least 4 servings of fruits and vegetables are recommended per day. T F
23. For food value, dried beans are a good meat substitute. T F
24. The green leafy and yellow vegetables supply vitamin A. T F
25. A good easy way to lose weight is to skip breakfast. T F

Part B

Circle the best answer.

26. A good source of protein for a meal is _____.
 - a) bacon
 - b) cornbread
 - c) cheese
 - d) carrots
27. A snack which is rich in iron is _____.
 - a) a bag of potato chips
 - b) a bottle of cola
 - c) a glass of milk
 - d) a small box of raisins
28. Instead of drinking milk, to get about the same food value, you could eat _____.
 - a) cheese
 - b) peaches
 - c) hard-cooked eggs
 - d) chocolate-covered donuts.
29. The main function of carbohydrates is to _____.
 - a) provide energy
 - b) prevent illness
 - c) develop strong bones and teeth
 - d) none of the above
30. The greatest amount of energy/gram of food is supplied by _____.
 - a) carbohydrates
 - b) protein
 - c) fats
 - d) vitamins

In the next two parts of the questionnaire there are no right or wrong answers. All answers depend on what you think or on what you would do in the following situations.

Part C

Below is a series of statements about health, weight control, and nutrition. Circle the letter which expresses how much you agree or disagree with each statement.

Circle: A if you completely agree with the statement
a if you partly agree with the statement
d if you partly disagree with the statement
D if you strongly disagree with the statement

	<u>Agree</u>	<u>Disagree</u>
31. Eating a healthful diet is too expensive.	A a	d D
32. Eating a balanced diet takes too much time to plan and prepare.	A a	d D
33. Its fun to taste new and different foods.	A a	d D
34. You need to take a vitamin tablet daily to remain in good health.	A a	d D
35. Foods that are good for you usually don't taste good.	A a	d D
36. During mealtime, reading a book or watching TV makes the meal more enjoyable.	A a	d D
37. Increased activity does not burn up enough extra calories to make it worthwhile.	A a	d D
38. To lose weight and keep it off, you need to form new eating habits.	A a	d D
39. Overeating causes overweight.	A a	d D
40. Overweight is a health hazard.	A a	d D
41. It is important to eat many kinds of foods from day to day.	A a	d D
42. Good eating habits are important to good health.	A a	d D
43. Learning basic facts about nutrition will probably alter my personal eating habits very little.	A a	d D
44. Teaching caloric control and food selection to an overweight individual is a waste of time.	A a	d D
45. A low calorie diet can be satisfying	A a	d D

	<u>Agree</u>	<u>Disagree</u>
46. Its healthy to be fat.	A a	d D
47. With most people, overeating is a habit.	A a	d D
48. Fat people are happy and jolly.	A a	d D
49. One must not sacrifice a nutritionally adequate diet in order to lose weight.	A a	d D

Part D

Circle the answers that best expresses what you would do in the following situations.

50. To insure that I receive the necessary amount of vitamins and minerals I will
- a) eat meat daily
 - b) take a vitamin-mineral tablet daily
 - c) eat a balanced diet
51. At dinner if there are foods that I have never eaten before, I will
- a) not eat any new foods
 - b) take a taste of each new food
 - c) try at least one new food
52. To avoid gaining weight, I will
- a) skip meals during the day
 - b) not eat any bread
 - c) try to eat balanced meals and avoid sweets
53. For a meal in the evening I might enjoy
- a) a hamburger, french fried potatoes, and a cola
 - b) a piece of chicken, some green beans, a glass of milk, and a piece of cornbread
 - c) beans with ham, cornbread, and a cola.
54. A drink that I might have as an afternoon snack would be
- a) a glass of beer
 - b) a glass of fruit-flavored drink
 - c) a glass of orange juice
 - d) a glass of my favorite soft drink
55. For an enjoyable snack I might eat
- a) a candy bar
 - b) a bag of potato chips
 - c) a piece of my favorite fruit
 - d) a handful of peanuts