

## 5-12 Student Survey (Short Survey)

**Directions:** The following questions are about what students your age eat, what they know about nutrition, and their physical activity (exercise). Read each question carefully and pick the answer that is true for you. Mark your answer on the survey as shown in the example below. ***This is not a test, and there are no right or wrong answers. Your answers will be kept private.***

**Example:**

*How many vegetables did you eat yesterday?*

- a. I didn't eat any vegetables yesterday.*
- b. I ate **one** vegetable yesterday.*
- c. I ate **two** vegetables yesterday.*
- (d.)** I ate **three** vegetables yesterday.*
- e. I ate **four** vegetables yesterday.*
- f. I ate **five or more** vegetables yesterday.*

1. Survey number: 1   2   3   4 (please circle)
2. Please enter the ID number given to you by your PE teacher.
3. What's the name of your school district?
4. What is the name of your school?
5. What's the name of your teacher? Elementary School students should choose their Home Room teacher. Middle and High School students should choose their PE teacher.
6. Please indicate your gender.
  - a. Female
  - b. Male
7. What grade are you in?
  - a. 5
  - b. 6
  - c. 7
  - d. 8
  - e. 9
  - f. 10
  - g. 11
  - h. 12

8. In an average WEEK how many minutes of activity do you get where you are breathing hard and your heart rate increases, including your PE class?
- a. Less than 30 Minutes
  - b. 30 Minutes
  - c. 60 Minutes (1 hour)
  - d. 90 Minutes (1.5 hours)
  - e. 120 Minutes (2 hours)
  - f. 150 Minutes (2.5 hours)
  - g. 180 Minutes (3 hours)
  - h. 210 Minutes (3.5 hours)
  - i. 240 Minutes (4 hours)
  - j. 270 Minutes (4.5 hours)
  - k. 300 Minutes (5 hours)
  - l. More than 300 Minutes (More than 5 hours)
9. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice or grape juice? (Do not count punch, Kool-Aid®, sports drinks or other fruit-flavored drinks.)
- a. I did not drink 100% fruit juice during the past 7 days
  - b. 1 to 3 times during the past 7 days
  - c. 4-6 times during the past 7 days
  - d. 1 time per day
  - e. 2 times per day
  - f. 3 times per day
  - g. 4 or more times per day
10. During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)
- a. I did not eat fruit during the past 7 days
  - b. 1 to 3 times during the past 7 days
  - c. 4-6 times during the past 7 days
  - d. 1 time per day
  - e. 2 times per day
  - f. 3 times per day
  - g. 4 or more times per day
11. During the past 7 days, how many times did you eat green salad?
- a. I did not eat green salad during the past 7 days
  - b. 1 to 3 times during the past 7 days
  - c. 4-6 times during the past 7 days
  - d. 1 time per day
  - e. 2 times per day
  - f. 3 times per day
  - g. 4 or more times per day

12. During the past 7 days, how many times did you eat potatoes? (Do not count French fries, fried potatoes or potato chips.)
- a. I did not eat potatoes during the past 7 days
  - b. 1 to 3 times during the past 7 days
  - c. 4-6 times during the past 7 days
  - d. 1 time per day
  - e. 2 times per day
  - f. 3 times per day
  - g. 4 or more times per day
13. During the past 7 days, how many times did you eat carrots?
- a. I did not eat carrots during the past 7 days
  - b. 1 to 3 times during the past 7 days
  - c. 4-6 times during the past 7 days
  - d. 1 time per day
  - e. 2 times per day
  - f. 3 times per day
  - g. 4 or more times per day
14. During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes or carrots.)
- a. I did not eat other vegetables during the past 7 days
  - b. 1 to 3 times during the past 7 days
  - c. 4-6 times during the past 7 days
  - d. 1 time per day
  - e. 2 times per day
  - f. 3 times per day
  - g. 4 or more times per day
15. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi or Sprite? (Do not count diet soda or diet pop.)
- a. I did not drink soda or pop during the past 7 days
  - b. 1 to 3 times during the past 7 days
  - c. 4-6 times during the past 7 days
  - d. 1 time per day
  - e. 2 times per day
  - f. 3 times per day
  - g. 4 or more times per day
16. During the past 7 days, how many glasses of milk did you drink? (Count the milk you drank in a glass or cup, from a carton or with cereal. Count the half pint of milk served at school as equal to one glass.)
- a. I did not drink milk during the past 7 days
  - b. 1 to 3 times during the past 7 days
  - c. 4-6 times during the past 7 days
  - d. 1 time per day
  - e. 2 times per day
  - f. 3 times per day
  - g. 4 or more times per day

17. During the past 7 days, on how many days did you eat breakfast?

- a. 0 days
- b. 1 day
- c. 2 days
- d. 3 days
- e. 4 days
- f. 5 days
- g. 6 days
- h. 7 days

18. Yesterday, I spent \_\_\_\_\_ in front of a computer or TV.

- a. Less than 30 minutes
- b. At least 30 minutes but less than 1 hour
- c. At least 1 hour but less than 1.5 hours
- d. At least 1.5 hours but less than 2 hours
- e. At least 2 hours but less than 2.5 hours
- f. At least 2.5 hours but less than 3 hours
- g. At least 3 hours but less than 3.5 hours
- h. At least 3.5 hours but less than 4 hours
- i. At least 4 hours but less than 4.5 hours
- j. At least 4.5 hours but less than 5 hours
- k. 5 hours or more