

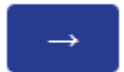
# That's Me: My Choices

## INSTRUCTIONS

We are going to do an activity about foods and what you eat. We use your answers to make the program better for other kids. There are no right or wrong answers so please answer all of the questions as honestly and accurately as you can. Your answers are voluntary and will be kept private.

How did you get this program? (select all that happened)

- I was in the classroom and so was the person teaching
- I was in the classroom and the person teaching was online
- I was at home/not in the classroom and so was the person teaching



Q1 Think back to before your class started the nutrition lessons. Choose the one best answer for how much you did each behavior at that time. Then choose the best answer for how much you do that behavior now that you have finished the lessons.

	Most or all of the time	Sometimes	A little or none of the time
Before nutrition lessons, I ate healthy foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Now, I eat healthy foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Q2 Think back to before your class started the nutrition lessons. Choose the one best answer for how much you did each behavior at that time. Then choose the best answer for how much you do that behavior now that you have finished the lessons.

	Most or all of the time	Sometimes	A little or none of the time
Before nutrition lessons, I tried foods that I never tasted before	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Now, I try foods that I never tasted before	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

← →

Q3 Think back to before your class started the nutrition lessons. Choose the one best answer for how much you did each behavior at that time. Then choose the best answer for how much you do that behavior now that you have finished the lessons.

	Most or all of the time	Sometimes	A little or none of the time
Before nutrition lessons, I washed my hands or used sanitizer before I ate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Now, I wash my hands or used sanitizer before I ate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

← →

Q4 Think back to before your class started the nutrition lessons. Choose the one best answer for how much you did each behavior at that time. Then choose the best answer for how much you do that behavior now that you have finished the lessons.

	Most or all of the time	Sometimes	A little or none of the time
Before nutrition lessons, I ate many different kinds of foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Now, I eat many different kinds of foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

← →

Q5 Think back to before your class started the nutrition lessons. Choose the one best answer for how much you did each behavior at that time. Then choose the best answer for how much you do that behavior now that you have finished the lessons.

	Most or all of the time	Sometimes	A little or none of the time
Before nutrition lessons, I chose water and other health drinks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Now, I choose water and other health drinks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Q6 Think back to before your class started the nutrition lessons. Choose the one best answer for how much you did each behavior at that time. Then choose the best answer for how much you do that behavior now that you have finished the lessons.

	Most or all of the time	Sometimes	A little or none of the time
Before nutrition lessons, I ate fruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Now, I eat fruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Q7 Think back to before your class started the nutrition lessons. Choose the one best answer for how much you did each behavior at that time. Then choose the best answer for how much you do that behavior now that you have finished the lessons.

	Most or all of the time	Sometimes	A little or none of the time
Before nutrition lessons, I asked someone at home to buy healthy foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Now, I ask someone at home to buy healthy foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

← →

Q8 Think back to before your class started the nutrition lessons. Choose the one best answer for how much you did each behavior at that time. Then choose the best answer for how much you do that behavior now that you have finished the lessons.

	Most or all of the time	Sometimes	A little or none of the time
Before nutrition lessons, I liked vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Now, I like vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Q9 Think back to before your class started the nutrition lessons. Choose the one best answer for how much you did each behavior at that time. Then choose the best answer for how much you do that behavior now that you have finished the lessons.

	Most or all of the time	Sometimes	A little or none of the time	I didn't/don't bring healthy snacks to school
Before nutrition lessons, I brought healthy snacks to school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Now, I bring healthy snacks to school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Q10 Think back to before your class started the nutrition lessons. Choose the one best answer for how much you did each behavior at that time. Then choose the best answer for how much you do that behavior now that you have finished the lessons.

	Most or all of the time	Sometimes	A little or none of the time
Before nutrition lessons, I liked fruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Now, I like fruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Q11 Think back to before your class started the nutrition lessons. Choose the one best answer for how much you did each behavior at that time. Then choose the best answer for how much you do that behavior now that you have finished the lessons.

	Most or all of the time	Sometimes	A little or none of the time
Before nutrition lessons, I liked to eat healthy foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Now, I like to eat healthy foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

← →

Q12 Think back to before your class started the nutrition lessons. Choose the one best answer for how much you did each behavior at that time. Then choose the best answer for how much you do that behavior now that you have finished the lessons.

	Most or all of the time	Sometimes	A little or none of the time
Before nutrition lessons, I liked to try foods that I never tasted before	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Now, I like to try foods that I never tasted before	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Q13 Think back to before your class started the nutrition lessons. Choose the one best answer for how much you did each behavior at that time. Then choose the best answer for how much you do that behavior now that you have finished the lessons.

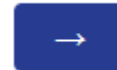
	Most or all of the time	Sometimes	A little or none of the time
Before nutrition lessons, I ate vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Now, I eat vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Q14 Was it easy or hard to remember back to before the nutrition lessons?

Easy

Hard



**Please tell us about yourself.**

Q15 How would you describe yourself?

Girl

Boy

Not listed (may specify here)

Prefer not to answer

Q16 What is your age?

▼ 5...18

Q17 What grade are you in? If it's summer, what grade did you just finish?

▼ 2<sup>nd</sup>...12<sup>th</sup>



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Thanks for taking this survey!