

_____ Teacher
_____ Student

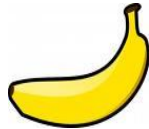
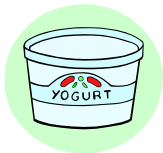
Please answer every question. This is not a test. Feel free to ask if you have any questions.

1. What language do you speak most often? _____

2. Which of these is a GO Food? (Circle one)



3. Which of these is a SLOW Food? (Circle one)



4. Which activity do you do most often? (Circle one)



5. Which type of snack do you choose most often? (Circle one)



6. Circle all the fruits and vegetables. (You may circle more than one)



7. During a meal, how much of your plate should contain fruits and vegetables in order to get vitamins and minerals? (Circle one)



All of the plate Half the plate One quarter of the plate No fruits or vegetables

8. Circle the items that help keep you healthy. (You may circle more than one)



Drinking soda



Drinking water



Play outside



Play video games



Sleep



Eat Oatmeal

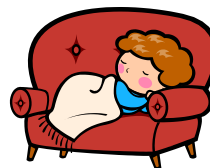


Watch TV

9. When you eat too much at one time, what do you feel like doing? (Circle one)



Playing



Resting

10. Do you think Go Foods taste good? (Go Foods give your body long lasting energy.)(Circle one)

Yes

No

11. Since the start of the school year, do you know more about how **WHAT YOU EAT** affects your health?

Yes

No

12. Since the start of the school year, do you know more about how BEING ACTIVE makes you healthier?

Yes No

13. Since the start of the school year, do you know more about how SLEEP keeps you healthy?

Yes No

14. Since the start of the school year, do you know more about how DRINKING WATER keeps you healthy?

Yes No

15. Write or draw one thing you learned from the Nurture lessons.
