

_____ 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 foods is a GO Food that provides long lasting energy?
(Circle one) **Answer = Turkey sandwich**



Hamburger



Fried fish sandwich



Turkey sandwich



Hot dog

3. Which of these foods is a SLOW Food that may give you a quick burst of energy but then makes you feel tired? (Circle one) **Answer = Chips**



Whole grain crackers



Oatmeal



Pasta



Chips

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

Answer = Half the plate



All of the plate



Half the plate



One quarter of plate



No fruits or vegetables

5. Circle the food that belongs to the PROTEIN food group. (Circle one)

Answer = Peanut



Apple



Cheese



Rice



Carrot



Peanut

6. Circle the food that belongs to the GRAINS food group. (Circle one)

Answer = Rice



Apple



Cheese



Rice



Carrot



Peanut

7. Circle the food that belongs to the FRUITS food group. (Circle one)

Answer = Apple



Apple



Cheese



Rice



Carrot



Peanut

8. Circle the food that belongs to the VEGETABLE food group. (Circle one)

Answer = Carrot



Apple



Cheese



Rice



Carrot



Peanut

9. Circle the food that belongs to the DAIRY group. (Circle one)

Answer = Cheese



Apple



Cheese



Rice



Carrot



Peanut

10. Right before bedtime what can you do to help you relax and sleep well?
 (Circle one) **Answer = Yoga**



Video games



Yoga



Running and playing

11. Circle all the items that help keep you healthy. (You may circle more than one)
Answer = Drinking water, play outside, sleep, eat oatmeal



Drinking soda



Drinking water



Play outside



Play video games



Sleep



Eat Oatmeal



Watch TV

12. During your free time, which activity are you most likely to do? (Circle one)
Looking for reductions in Play video games and watch TV



Play video games



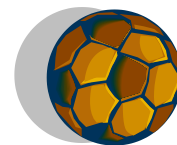
Watch TV



Play outside



Read



Play a sport

13. When you are thirsty, which beverage are you most likely to drink? (Circle one)
Looking for reductions in soda, sports drink and juice and increase in water and milk

- a. Juice
- b. Soda
- c. Water
- d. Sports Drink
- e. Milk

14. Do you think Go Foods taste good? (Go Foods are foods that give you long lasting energy.) (Circle one) **Looking for yes**

Yes

No

15. How many times did you eat fruit yesterday? _____

Looking for 2 or more

16. How many times did you eat vegetables yesterday? _____

Looking for 3 or more. Ideally sum of fruit and vegetables will be close to 5.

END