

_____ 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)



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)



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)



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)



Apple



Cheese



Rice



Carrot



Peanut

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



Apple



Cheese



Rice



Carrot



Peanut

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



Apple



Cheese



Rice



Carrot



Peanut

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



Apple



Cheese



Rice



Carrot



Peanut

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



Apple



Cheese



Rice



Carrot



Peanut

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



Video games



Yoga



Running and playing

11. Circle all 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

12. During your free time, which activity are you most likely to do? (Circle one)



Play video games



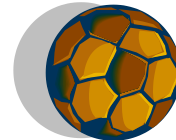
Watch TV



Play outside



Read



Play a sport

13. When you are thirsty, which beverage are you most likely to drink? (Circle one)

- 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)

Yes

No

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

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

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

Yes No

18. Since the start of the school year, do you know more about how your LEVEL OF ACTIVITY affects your health?

Yes No

19. Since the start of the school year, do you know more about how SLEEP affects your health?

Yes No

20. Since the start of the school year, do you know more about how DRINKING WATER affects your health?

Yes No

21. What did you learn from the Nurture lessons that you didn't know before?

END