

\_\_\_\_\_ 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. Circle the cereal that will provide you with the best energy. (Circle one)

**Answer = middle one**

NUTRITION LABEL
Serving Size
0.75 cup
Amount Per Serving
Calories: 120
Total Fat: 1.5g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 160mg
Total Carbohydrate: 25g
Dietary Fiber: 2g
Sugars: 6g
Protein: 3g

NUTRITION LABEL
Serving Size
1 cup (1 NLE A serving)
Amount Per serving:
Calories: 117
Total Fat: 1g
Saturated Fat: 0g
Trans Fat: 0g
Cholesterol: 0mg
Sodium: 162 mg
Total Carbohydrate: 0g
Dietary Fiber: 3g
Sugar: 5g
Protein: 6g

NUTRITION LABEL
Serving Size
3/4 cup (30g)
Amount per serving:
Calories: 118
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 150mg
Total Carbohydrates: 26g
Dietary Fiber: 1g
Sugars: 12g
Protein: 2g

For the following questions, which word matches these feelings?

3. You have not had to use the bathroom in a long time. You feel tired and uncomfortable. (Circle one) **Answer = Thirst**

Thirst

Hunger

Appetite

4. You really want spaghetti. You feel comfortable. (Circle one)

**Answer = Appetite**

Thirst

Hunger

Appetite

5. Your stomach is grumbling. You feel weak and angry. (Circle one)

**Answer = Hunger**

Thirst

Hunger

Appetite

6. Which beverage should you drink the most of? (Circle one)

**Answer = Water**

- a. 100% Juice
- b. Soda
- c. Water
- d. Sports drinks
- e. Milk

7. Give an example of a balanced meal made of Go Foods.

**Grade on three measures.**

- 1) **Are only Go Foods are included?**
- 2) **Does the meal include at least three food groups one of which is a fruit or a vegetable?**
- 3) **Is the portion size reasonable for a 3<sup>rd</sup> grader – not too small or too big? Be lenient here. There is great variation in how much food a student eats.**

**You are looking for growth in the ability to attain all three measures.**

8. How does spending a lot of time watching TV, playing video games, using computers and surfing the internet affect us? (You may circle more than one)

**Answer = Keeps us awake and Leads to overeating**

- a. Keeps us awake
- b. Helps us stay physically fit
- c. Leads to overeating
- d. Lowers our stress levels

9. What is the minimum amount of time you should be physically activity each day to have a healthy body? **Answer = 60**

\_\_\_\_\_minutes

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

**Looking for decrease in Play Video games and Watch TV**

- a. Play video games
- b. Watch TV
- c. Play outside
- d. Read
- e. Play sports

- 11. 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

12. Do you think Go Foods taste good? (Go Foods are foods that give you long lasting energy. (Circle one) **Looking for yes**
- Yes    No

13. How many times did you eat fruit yesterday? \_\_\_\_\_

**Looking for 2 or more**

14. 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