

_____ 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)**

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)**

Thirst Hunger Appetite

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

Thirst Hunger Appetite

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

Thirst Hunger Appetite

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

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

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

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)

- 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?

_____minutes

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

- 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)

- 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)

Yes No

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

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

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

Yes No

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

Yes No

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

Yes No

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

Yes No

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

20. What, if any changes, have you made to your FOOD CHOICES because of the Nurture lessons?

21. What, if any changes, in your PHYSICAL ACTIVITY have you made because of the Nurture lessons?

END