

# Tell Us

## EFNEP QUESTION/ANSWER SHEET

DO NOT WRITE YOUR NAME ON THIS SURVEY • ANSWERS WILL BE KEPT PRIVATE

Youth ID

Date

Grade

Age

School Location

Pre

Post

**CIRCLE THE ANSWER THAT BEST APPLIES TO YOU.**



**1. In the past week, I drank fruit-flavored drinks or sports drinks ...**

Never

1-3 Days

4-6 Days

About once  
a day

2 or more  
times a day



**2. In the past week, I drank soda or pop ...**

Never

1-3 Days

Most days

About once  
a day

2 or more  
times a day



**3. In the past week, I ate vegetables ...**

Never or  
almost never

1-3 Days

Most days

About once  
a day

2 or more  
times a day



**4. In the past week, I ate vegetables as a snack ...**

Never

1-3 Days

4-6 Days

About once  
a day

2 or more  
times a day



**5. In the past week, I ate fruit as a snack ...**

Never

1-3 Days

4-6 Days

About once  
a day

2 or more  
times a day



**6. In the past week, I ate vegetables at lunch ...**

Never

1-3 Days

4-6 Days

Every day



**7. When I am offered a new food, I will try it ...**

Never or  
almost never

Sometimes

Most of  
the time

Always or  
almost always



**8. I read Nutrition Facts labels ...**

Never or  
almost never

Sometimes

Most of  
the time

Always or  
almost always

# About You

CIRCLE THE ANSWER THAT BEST DESCRIBES YOU



**9. I wash fruits and vegetables before I eat them ...**

Never or almost never

Sometimes

Most of the time

Always or almost always

Someone else does this for me



**10. When I make myself something to eat, I put cold foods back in the refrigerator right away ...**

Never or almost never

Sometimes

Most of the time

Always or almost always

Someone else does this for me



**11. Before I eat or touch food, I wash my hands with warm water and soap for at least 20 seconds ...**

Never or almost never

Sometimes

Most of the time

Always or almost always



**12. In the past week, I did physical activities ...**

Not at all

1-2 days

3-4 days (or some days)

5-6 days (or most days)

7 days (every day)



**13. In the past week, for how long did you usually do physical activities?**

Less than 15 minutes a day

About 15 minutes a day

About 30 minutes a day

About an hour a day

More than an hour a day



**14. In the past week, when I was not doing homework, I used a computer, TV, smartphone, tablet or played video games ...**

Less than 1 hour a day

1-2 hours a day

3-4 hours a day

5-6 hours a day

7 or more hours a day

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