

EFNEP 6th-12th Grade Questionnaire WebNEERS ENTRY SHEET

Question 1

Text: How often do you eat fruits? Include fresh, frozen, canned and dried fruits. Do not include juice.

Title: How often do you eat fruit?

Answers:

Responses	Value
- No Response	-
1 Not Very Often	1
2	2
3 Sometimes	3
4	4
5 Very Often	5

Question 2

Full Question Text: How often do you eat vegetables? Include cooked, frozen, canned, fresh vegetables, and salads. Do not include French fries.

Title: How often do you eat vegetables?

Answers:

Responses	Value
- No Response	-
1 Not Very Often	1
2	2
3 Sometimes	3
4	4
5 Very Often	5

Question 3

Full Question Text: How often do you drink sugary drinks like soda/pop, fruit-flavored drinks, sports drinks, energy drinks, and/or sweetened tea/coffee drinks? Do not include 100% fruit juice or diet soda/pop.

Title: How often do you drink soda?

Answers:

Responses	Value
- No Response	-
1 Not Very Often	1
2	2
3 Sometimes	3
4	4
5 Very Often	5

Question 4**Full Question Text:** When you have a choice, how often do you choose whole grains?

Like brown rice instead of white rice, whole grain bread instead of white bread, and whole grain cereals.

Title: How often do you choose whole grains?**Answers:**

Responses	Value
- No Response	-
1 Not Very Often	1
2	2
3 Sometimes	3
4	4
5 Very Often	5
0 I do not have a choice	0

Question 5**Full Question Text:** When you eat out at a restaurant or fast food place, or get take-out, how often do you make healthier choices when deciding what to eat or drink?**Title:** When eating out, think about healthy choices?**Answers:**

Responses	Value
- No Response	-
1 Not Very Often	1
2	2
3 Sometimes	3
4	4
5 Very Often	5
0 I do not eat at those places	0

Question 6**Full Question Text:** How often do you use the Nutrition Facts Label to compare packaged foods or drinks?**Title:** Use Nutrition Facts Label?**Answers:**

Responses	Value
- No response	-
1 Not Very Often	1
2	2
3 Sometimes	3
4	4
5 Very Often	5

Question 7

Full Question Text: In the past 7 days, how many days were you so active that your heart beat fast and you were breathing hard most of the time?

Title: How many days physically active?

Answers:

Responses	Value
- No response	-
0 0 days	0
1 1 day	1
2 2 days	2
3 3 days	3
4 4 days	4
5 5 days	5
6 6 days	6
7 7 days	7

Question 8

Full Question Text: During the past 7 days, on how many days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

Title: Strength training?

Answers:

Responses	Value
- No response	-
0 0 days	0
1 1 day	1
2 2 days	2
3 3 days	3
4 4 days	4
5 5 days	5
6 6 days	6
7 7 days	7

Question 9

Full Question Text: How often do you make choices to include physical activity into your day? Like walking or biking instead of getting a ride, doing a few minutes of exercise, choosing technology that involves physical activity, or moving actively in your home.

Title: Make choices to include physical activity?

Answers:

Responses	Value
- No response	-
1 Not Very Often	1
2	2
3 Sometimes	3
4	4
5 Very Often	5

Question 10

Full Question Text: How often do you wash your hands with soap and running water for at least 20 seconds before making or eating food?

Title: Wash hands?

Answers:

Responses	Value
- No response	-
1 Not Very Often	1
2	2
3 Sometimes	3
4	4
5 Very Often	5

Question 11

Full Question Text: How often do you wash fruits and vegetables before eating them?

Title: Wash fruits and vegetables?

Answers:

Responses	Value
- No response	-
1 Not Very Often	1
2	2
3 Sometimes	3
4	4
5 Very Often	5

Question 12

Full Question Text: When making food, how often do you use separate cutting boards for raw meats and fresh produce? Also count when you wash a single cutting board with warm, soapy water when switching between these foods.

Title: Use separate cutting boards for meat and produce?

Answers:

Responses	Value
- No response	-
1 Not Very Often	1
2	2
3 Sometimes	3
4	4
5 Very Often	5
0 I do not make my own food	0

Question 13

Full Question Text: When you take foods out of the refrigerator, how often do you put them back within 2 hours?

Title: Place in refrigerator within 2 hours.

Answers:

Responses	Value
- No Response	-
1 Not Very Often	1
2	2
3 Sometimes	3
4	4
5 Very Often	5

Question 14

Full Question Text: How often do you compare prices of foods or drinks at the store before you buy them?

Title: Compare prices when shopping.

Answers:

Responses	Value
- No Response	-
1 Not Very Often	1
2	2
3 Sometimes	3
4	4
5 Very Often	5
0 I do not buy foods	0

Question 15

Full Question Text: How often do you make your own snack or meal instead of purchasing one?

Title: Make meals and snacks?

Answers:

Responses	Value
- No Response	-
1 Not Very Often	1
2	2
3 Sometimes	3
4	4
5 Very Often	5
0 I do not make my own food	0