

CATCH Kids Club Student Survey

What is your name? _____

Today's Date (mm/dd/yy): _____

What grade are you in? _____

How old are you? _____

Are you a Boy or a Girl? Boy Girl

1. On most days, how many fruits do you eat?
 - a. I do not eat fruits.
 - b. 1-2 fruits per day
 - c. 3-4 fruits per day
 - d. 5 or more fruits per day

2. On most days, how many vegetables do you eat?
 - a. I do not eat vegetables.
 - b. 1-2 vegetables per day
 - c. 3-4 vegetables per day
 - d. 5 or more vegetables per day

3. On most days, how many sweets do you eat? (cake, cookies, candy, ice cream)
 - a. I do not eat sweets.
 - b. 1 sweet per day
 - c. 2 sweets per day
 - d. 3 or more sweets per day

4. How many cups of water do you drink every day?
 - a. I do not drink water.
 - b. 1-3 cups per day
 - c. 4-5 cups per day
 - d. 6 or more cups per day

5. Do you eat breakfast every day?
 - a. Yes
 - b. No

6. I have fun with CATCH games.
 - a. Yes
 - b. No
 - c. I do not know

7. I've told my family things we do in CATCH Kids Club.
 - a. Yes
 - b. No

8. Which type of milk do you drink?
- a. I do not drink milk.
 - b. Skim, fat free or 1%.
 - c. Reduced fat (2% milk)
 - d. Whole milk
 - e. Other (soy, rice, almond, etc)
 - f. I do not know
9. Which side dish would you order from a fast food restaurant?



a. Apple slices



b. French fries



c. Tater Tots

10. Do you play a GO Activity for 30 minutes **every** day of the week?
- a. Yes
 - b. No
 - c. I do not know
11. Your heart is a
- a. Valve
 - b. Muscle.
 - c. Artery.
 - d. I do not know
12. You know you are playing hard because
- a. You get cold.
 - b. You move slowly.
 - c. Your heart beats faster.
 - d. I do not know
13. Should you warm up and cool down when you exercise?
- a. Yes, every time
 - b. No
 - c. Yes, sometimes
 - d. I do not know
14. What does your body need to grow?
- a. Movies
 - b. Food
 - c. TV
 - d. Music
15. I know what healthy foods are.
- a. Yes
 - b. No
 - c. I do not know

16. Which food item has the most fiber?
- Milk
 - Candy
 - Beans
 - Chicken
17. Which food has the most salt?
- Fruit
 - Broccoli
 - Low fat milk
 - French fries
18. At a fast food restaurant you will mostly find
- Low calorie food items
 - Unhealthy fats
 - Many good nutrients
 - High fiber foods

19. Which breakfast food has the most fiber?



a. Eggs



b. Whole-grain cereal



c. Bacon

20. How many cups of water should you drink every day?
- I should not drink any water.
 - 1-3 cups
 - 4-5 cups
 - 6-8 cups
21. An unhealthy food choice is called a
- GO** Food
 - NO** Food
 - WHOA** Food
 - I do not know
22. When I ask my family to buy healthy foods
- They always buy them
 - They sometimes buy them
 - They never buy them
 - I do not ask
23. When I am at home
- I feel safe playing Go Activities outside
 - I do not feel safe playing Go Activities outside
24. When I am at home
- I like to play Go Activities
 - I do not like to play Go Activities

25. When I am at home
 - a. I have a place to play Go Activities
 - b. I do not have a place to play Go Activities
26. When I am at home
 - a. I have someone to play Go Activities with
 - b. I do not have anyone to play Go Activities with
27. When I am at home
 - a. I am encouraged to play Go Activities
 - b. I am not encouraged to play Go Activities

Use the following nutrition label to answer questions 28-30.

NUTRITION FACTS		
Serving size = 4.5 oz (128 g)		
Servings Per Container = 1		
Amount per Serving		
Calories = 470		
		% Daily Value
Total Fat	20 g	31%
Sat. fat	11 g	55%
<i>Trans</i> fat	1.5 g	
Cholesterol	20 mg	7%
Sodium	440 mg	18%
Total Carb.	70 g	23%
Dietary fiber	1 g	4%
Sugars	44g	
Protein	4g	

28. How many milligrams (mg) of sodium does this food have?
 - a. 20 mg
 - b. 44 mg
 - c. 440 mg
 - d. I do not know
29. Is this food a good source of fiber?
 - a. Yes
 - b. No
 - c. I do not know
30. Is this food a healthy food choice?
 - a. Yes
 - b. No
 - c. I do not know