

CATCH Kids Club Student Survey (3-5)

FOR SURVEY ADMINISTRATOR USE ONLY:

Student's Height

			.		cm
0	0	0		0	
1	1	1		1	
2	2	2		2	
3	3	3		3	
4	4	4		4	
5	5	5		5	
6	6	6		6	
7	7	7		7	
8	8	8		8	
9	9	9		9	

Student's Weight

			.		kg
0	0	0		0	
1	1	1		1	
2	2	2		2	
3	3	3		3	
4	4	4		4	
5	5	5		5	
6	6	6		6	
7	7	7		7	
8	8	8		8	
9	9	9		9	

- Please measure height in centimeters (cm)
- Please measure weight in kilograms (kg)
- Please round to the nearest tenth (xxx.x)
 - .01-.04 round down
 - .05-.09 round up

STUDENTS BEGIN HERE:

1. Today's date: _____
 2. School: _____
 3. First name: _____
 4. Last name: _____
 5. Grade: _____
 6. Date of Birth (month, day, and year): _____
 7. Are you a boy or girl? _____
-

8. On most days, how many fruits do you eat?
 - a. 0
 - b. 1
 - c. 2
 - d. 3 or more
9. On most days, how many vegetables do you eat?
 - a. 0
 - b. 1
 - c. 2
 - d. 3 or more
10. On most days, how many sweets do you eat? (cake, cookies, candy, ice cream)
 - a. 0
 - b. 1
 - c. 2
 - d. 3 or more
11. How many cups of water do you drink every day?
 - a. 0
 - b. 1-3
 - c. 4-5
 - d. 6 or more
12. How many sugary beverages do you drink every day?
 - a. 0
 - b. 1-3
 - c. 4-5
 - d. 6 or more
13. Do you eat breakfast every day?
 - a. Yes
 - b. No
14. I have fun with CATCH games.
 - a. Yes
 - b. No
 - c. I do not know
15. I've told my family things we do in CATCH Kids Club.
 - a. Yes
 - b. No
16. Which side dish would you order from a fast food restaurant?



a. Apple slices



b. French fries

17. Which food item has the most fiber?

- a. Milk
- b. Candy
- c. Beans
- d. Chicken

18. Which food has the most salt?

- a. Fruit
- b. Broccoli
- c. Low fat milk
- d. French fries

19. At a fast food restaurant you will mostly find

- a. Low calorie food items
- b. Unhealthy fats
- c. Many good nutrients
- d. High fiber foods

20. Which breakfast food has the most fiber?



a. Eggs



b. Whole-grain cereal



c. Bacon

21. How many cups of water should you drink every day?

- a. 0
- b. 1-3
- c. 4-5
- d. 6-8

22. How many sugary beverages should you drink every day?

- a. 0
- b. 1-3
- c. 4-5
- d. 6-8

23. When I ask my family to buy healthy foods

- a. They always buy them
- b. They sometimes buy them
- c. They never buy them
- d. I do not ask

24. How many days of the week do you exercise, play sports, or play hard?

Examples are: martial arts, dance, gymnastics, tennis, tag, running, basketball, jump roping, riding bikes, swimming, and other games and sports.



- a. 0
- b. 1-2
- c. 3-4
- d. 5 or more

For Questions 25-29 a GO activity is any exercise, sports activity, or playing hard.

25. When I am at home

- a. I feel safe playing Go Activities outside
- b. I do not feel safe playing Go Activities outside

26. When I am at home

- a. I like to play Go Activities
- b. I do not like to play Go Activities

27. 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

28. 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

29. When I am at home

- a. I am encouraged to play Go Activities
- b. I am not encouraged to play Go Activities

30. Which activity is better for your health?



a. Playing video games



b. Playing at the park

31. Which type of milk is better for your health?



a. Skim (fat-free) milk



b. Whole milk

32. Which food is better for your health?



a. Buttered popcorn



b. Unbuttered popcorn

Use the following nutrition label to answer questions 33-35.

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	

33. How many milligrams (mg) of sodium does this food have?

- a. 20 mg
- b. 44 mg
- c. 440 mg
- d. I do not know

34. Is this food a good source of fiber?

- a. Yes
- b. No
- c. I do not know

35. Is this food a healthy food choice?

- a. Yes
- b. No
- c. I do not know