

**FNP Evaluation Questions and Corresponding Behavioral Objectives  
K-2nd Grade-FY 2009**

These questions can be used with any of the behavioral objectives listed below:

- Participants will balance the food they eat with physical activity.
  - Participants will choose and prepare nutritious meals.
  - Participants will use safe food handling, preparation.
- 1) Circle the foods from the meat group.  
a) Grapes      b) Hot dogs  
c) Cereal      d) Onion  
e) Turkey      f) Corn
  
  - 2) Circle the foods from the milk group:  
a) Pumpkin      b) Ice Cream  
c) Cheese      e) French Fries  
f) Bananas      g) Yogurt
  
  - 3) Circle the foods from the vegetable group.  
a) Peppers      b) Fish  
c) Cake      d) Cucumbers  
e) Pretzel      f) Lettuce
  
  - 4) Draw a line from the food to the plant or animal it comes from.  
a) Apple      b) Wheat  
c) Egg      d) Cow  
e) Bread      f) Tree  
g) Milk      h) Chicken
  
  - 5) Circle the foods from the fruit group.  
a) Bread      b) Bananas  
c) Orange      d) Hamburger  
e) Apple      f) Watermelon
  
  - 6) Circle the foods from the grain group.  
a) Broccoli      b) Tomato  
c) Cheese      d) Bread  
e) Spaghetti      f) Banana
  
  - 7) Draw a circle around food that comes from animals.  
a) Apple      b) Chicken  
c) Bread      d) Cheese  
e) Corn      f) Milk  
g) Bananas      h) Pear  
i) Popcorn      j) Eggs

These questions can be used with either of the following behavioral objectives:

- Participants will balance the food they eat with physical activity.
  - Participants will choose and prepare nutritious meals.
- 1) Circle the foods from the “sometimes foods” group.  
a) Apple      b) Candy      c) French Fries  
d) Milk      e) Bananas      f) Donut
  - 2) How many different food groups from MyPyramid are found in the cheeseburger?  
a) 2    b) 3    c) 4    d) 5
  - 3) Circle the snacks that are best for you body.  
a) Apple      b) French Fries  
c) Banana      d) Cake  
e) Carrot      f) Grapes

These questions can be used with either of the following behavioral objectives:

- Participants will choose and prepare nutritious meals.
  - Participants will use safe food handling, preparation.
- 1) Circle the thing used to measure ingredients when cooking.  
a) Screwdriver      b) Measuring spoons  
c) Slotted spoon      d) Dry Measure Cups  
e) Liquid Measure      f) Box
  - 2) Circle the best thing to do Right before cooking or eating food.  
a) Brush hair    b) Tie shoes    c) Wash hands    d) Pet a dog
  - 3) How long do I wash my hands?  
a) As long as it takes to say my name  
b) As long as it takes to sing the “ABC” song  
c) As long as it takes to eat an apple
  - 4) Circle 3 things needed to wash your hands.  
a) Banjo      b) Faucet  
c) Paper towels    d) Dinosaur  
e) Cactus      f) Soap
  - 5) Circle the reasons we wash our hands.  
a) To kill germs    b) To make muscles  
c) To run faster    d) To keep from getting sick

This question can be used with the following behavioral objective:

- Participants will balance the food they eat with physical activity.
- 1) Circle the best thing to do after sitting in school all day.  
a) Use the computer    b) Ride a bike  
c) Read a book      d) Watch TV

**FNP Evaluation Questions and corresponding Behavioral Objectives  
3-6th Grade-FY 2009**

These questions can be used with any of the behavioral objectives listed below:

- Participants will balance the food they eat with physical activity.
  - Participants will choose and prepare nutritious meals.
  - Participants will use safe food handling, preparation.
- 1) From which part of MyPyramid DO YOU eat most of your foods?  
a) Milk                      b) Meat & Beans      c) Fruits  
d) Vegetables      e) Grains                      f) All groups
  - 2) From which part of MyPyramid SHOULD YOU eat most of your foods?  
a) Milk                      b) Meat & Beans      c) Fruits  
d) Vegetables      e) Grains                      f) All Groups
  - 3) I drink milk or eat cheese at least three times a day.  
a) Almost always      b) Sometimes      c) Not very often
  - 4) I eat different kinds of vegetables every day.  
a) Almost always      b) Sometimes      c) Not very often
  - 5) I eat different kinds of fruit every day.  
a) Almost always      b) Sometimes      c) Not very often
  - 6) Which food would always be safe to pack in a sack lunch?  
a) Sliced Ham      b) Peanut Butter      c) Sliced Cheese

These questions can be used with either of the following behavioral objectives:

- Participants will balance the food they eat with physical activity.
  - Participants will choose and prepare nutritious meals.
- 1) Which are some ways of eating more fruits and vegetables?  
a) Eat an apple for dessert  
b) Making a banana smoothie  
c) Using carrot and celery sticks for dipping in your bean dip  
d) All of the above
  - 2) Which has the most calcium with the lowest fat?  
a) Whole milk  
b) 2% milk  
c) Skim milk
  - 3) Why is running and planning so important?  
a) It keeps you healthy  
b) It gives you energy  
c) It makes you happy  
d) All of the above

- 4) What is the healthiest snack choice?
  - a) Soda pop and chips
  - b) Milkshake and fries
  - c) Fruit juice and pretzels
  
- 5) I am physically active every day (I do things like run, play sports, walk to or from school, dance, ride a bike, exercise, or roller blade).
  - a) Almost always
  - b) Sometimes
  - c) Not very often

These questions can be used with either of the following behavioral objectives:

- Participants will choose and prepare nutritious meals.
  - Participants will use safe food handling, preparation.
- 1) How often do you or your parents use a thermometer when cooking meat?
    - a) Almost always
    - b) Sometimes
    - c) Not very often
  
  - 2) How often do you and your family eat together?
    - a) 1-3 times a week
    - b) 4 or more times a week
    - c) Never
  
  - 3) What is an example of cross contamination?
    - a) Touching raw meat then making a salad
    - b) Biting a carrot then getting some more dip with it
    - c) Both are examples of cross contamination
  
  - 4) Which temperature is safe for keeping food hot?
    - a) 100°
    - b) 120°
    - c) 140°
  
  - 5) Which temperature is safe for keeping food cold?
    - a) 50°
    - b) 90°
    - c) 40°
  
  - 6) Which of these would you use to measure cinnamon for a recipe?
    - a) Wooden spoon
    - b) Measuring spoon
    - c) Soup spoon
  
  - 7) Which of these would you use to measure milk or other liquid?
    - a) Drinking cup
    - b) Liquid measure
    - c) Dry measuring cup
  
  - 8) Where should you put a sharp knife after using it to cut food?
    - a) In hot soapy dishwater
    - b) On the counter, near the sink, away from the edge, so it can be washed
    - c) On the counter, near the edge
  
  - 9) How often do you follow a recipe when cooking?
    - a) Almost always
    - b) Sometimes
    - c) Not very often
  
  - 10) How often do you and your family prepare meals together?
    - a) 1-3 times a week
    - b) 4 or more times a week
    - c) Never
  
  - 11) How often in a week do you make or help make a snack or meal?
    - a) 1-3 times a week
    - b) 4 or more times a week
    - c) Never

- 12) If I think a food may be “spoiled,” I...
- a) Cook it                      b) Taste it to see if it tastes OK                      c) Throw it in the trash
- 13) How long should I wash my hands before I touch or eat food?
- a) As long as it take to say my name  
b) As long as it takes to sing “Happy Birthday”  
c) As long at it takes to eat an apple
- 14) I wash my hands before I touch or eat food.
- a) Almost always    b) Sometimes    c) Not very often

This question can be used with the following behavioral objective:

- Participants will balance the food they eat with physical activity.

Which activity can help keep me healthy?

- a) Playing computer games  
b) Watching television  
c) Walking

These questions can be used with any of the behavioral objectives listed below:

- Participants will choose and prepare nutritious meals.
- Participants will manage their food resources and use thrifty shopping practices for nutritious foods

1) After today, how often will you eat fried food? (such as French fries)?

- a) Never                                      b) less than 1 time per week  
c) 1-3 times per week                      d) 4-6 times per day                      e) Everyday

Before today, how often did you eat fried foods (such as French fries)?

- a) Never                                      b) less than 1 time per week  
c) 1-3 times per week                      d) 4-6 times per day                      e) Everyday

2) After today, how often will you eat more than one kind of vegetable or fruit per day?

- |       |       |        |
|-------|-------|--------|
| Never | Often | Always |
| 1     | 2     | 3      |
| 4     | 5     |        |

Before today, how often did you eat more than one kind of vegetable or fruit per day?

- |       |       |        |
|-------|-------|--------|
| Never | Often | Always |
| 1     | 2     | 3      |
| 4     | 5     |        |

3) After today, how many servings of grains will you eat per day? \_\_\_\_\_

Before today, how many servings of grains did you eat per day? \_\_\_\_\_

4) After today, how often will you eat meals that include a variety of foods from MyPyramid?

- |       |       |        |
|-------|-------|--------|
| Never | Often | Always |
| 1     | 2     | 3      |
| 4     | 5     |        |

Before today, how often did you eat meals that included a variety of foods from MyPyramid?

- |       |       |        |
|-------|-------|--------|
| Never | Often | Always |
| 1     | 2     | 3      |
| 4     | 5     |        |

5) After today, how many servings from the meat group will you eat per day? \_\_\_\_

Before today, how many servings from the meat group did you eat per day? \_\_\_\_

6) After today, how many servings from the milk group will you eat per day? \_\_\_\_

Before today, how many servings from the milk group did you eat per day? \_\_\_\_

**FNP Evaluation Questions and corresponding Behavioral Objectives  
Adult (7th grade to Senior)-FY 2009**

- 7) After today, how many servings of fruits and vegetables will you eat per day?\_\_  
Before today, how many servings of fruits and vegetables did you eat per day?\_\_
- 8) After today, how often will you drink the proper amount of fluids each day?  
Never Often Always  
1 2 3 4 5  
Before today, how often did you drink the proper amount of fluids each day?  
Never Often Always  
1 2 3 4 5
- 9) After today, how often will you eat more fiber-rich foods per day?  
Never Often Always  
1 2 3 4 5  
Before today, how often did you eat fiber-rich foods per day?  
Never Often Always  
1 2 3 4 5

These questions can be used with any of the behavioral objectives listed below:

- Participants will choose and prepare nutritious meals.
  - Participants will manage their food resources and use thrifty shopping practices for nutritious foods.
  - Participants will use non-emergency food sources, such as food assistance.
- 1) After today, which of the following statements do you think will best describe the food eaten in your household?  
a) Always have enough to eat  
b) Most of the time have enough to eat  
c) Sometimes have enough to eat  
d) Never have enough to eat  
Before today, which of the following statements best described the food eaten in your household?  
a) Always have enough to eat  
b) Most of the time have enough to eat  
c) Sometimes have enough to eat  
d) Never have enough to eat
- 2) After today, how often will you use a plan for how to spend your money?  
Never Often Always  
1 2 3 4 5  
Before today, how often did you use a plan for how to spend your money?  
Never Often Always  
1 2 3 4 5
- 3) After today, how often will you plan your meals ahead of time?  
Never Often Always  
1 2 3 4 5  
Before today, how often did you plan your meals ahead of time?  
Never Often Always  
1 2 3 4 5

4) After today, how often will you shop for food from a list?

Never      Often      Always  
1      2      3      4      5

Before today, how often did you shop for food from a list?

Never      Often      Always  
1      2      3      4      5

5) After today, how often will you compare prices before you buy food?

Never      Often      Always  
1      2      3      4      5

Before today, how often did you compare prices before you buy food?

Never      Often      Always  
1      2      3      4      5

This question can be used with any of the behavioral objectives listed below:

- Participants will choose and prepare nutritious meals.
- Participants will balance the food they eat with physical activity.

After today, which of the following will best describe your activity level?

- Not much physical activity
- Physical activity (like walking) in most weeks
- Physical activity (like walking) at least 30 minutes per day, 1 or 2 days per week
- Physical activity (like walking) at least 30 minutes per day, 3 or 4 days per week.
- Physical activity (like walking) at least 30 minutes per day, 5 or more days per week.

Before today, which of the following best described you activity level?

- Not much physical activity
- Physical activity (like walking) in most weeks
- Physical activity (like walking) at least 30 minutes per day, 1 or 2 days per week
- Physical activity (like walking) at least 30 minutes per day, 3 or 4 days per week.
- Physical activity (like walking) at least 30 minutes per day, 5 or more days per week.

These questions can be used with any of the behavioral objectives listed below:

- Participants will manage their food resources and use thrifty shopping practices for nutritious foods.
- Participants will use non-emergency food sources, such as food assistance.

1) Which of these food programs do you think you will use in the next 12 months?

- WIC
- Vision Card
- School Breakfast
- School Lunch
- Food Pantry
- Summer Child Feeding Program

2) Which of these food programs did you use in the last 12 months?

- WIC
- Vision Card
- School Breakfast
- School Lunch
- Food Pantry
- Summer Child Feeding Program

3) How often in the next 12 months do you think you will use emergency food sources? \_\_\_\_\_  
How often in the past 12 months did you use emergency food sources? \_\_\_\_\_

These questions can be used with the behavioral objective listed below:

- Participants will choose and prepare nutritious meals.
- Participants will use safe food handling, preparation.

1) After today how often will you wash your hands before you eat?

Never		Often		Always
1	2	3	4	5

Before today how often did you wash your hands before you ate?

Never		Often		Always
1	2	3	4	5

2) After today, how often will you cook your eggs until they are no longer runny?

Never		Often		Always
1	2	3	4	5

Before today, how often did you cook your eggs until they are no longer runny?

Never		Often		Always
1	2	3	4	5

3) After today, how often will you use a thermometer to take the temperature of meat while cooking?

Never		Often		Always
1	2	3	4	5

Before today, how often did you use a thermometer to take the temperature of meat while cooking?

Never		Often		Always
1	2	3	4	5

4) After today, how often will you let meat and dairy foods sit out for more than 2 hours?

Never		Often		Always
1	2	3	4	5

Before today, how often did you let meat and dairy foods sit out for more than 2 hours?

Never		Often		Always
1	2	3	4	5

5) After today, how often will you keep raw meat separate from other foods?

Never		Often		Always
1	2	3	4	5

Before today, how often did you keep raw meat separate from other foods?

Never		Often		Always
1	2	3	4	5

6) After today, how often will you wash your hands before you work with food?

Never		Often		Always
1	2	3	4	5

Before today, how often did you wash your hands before you worked with food?

Never		Often		Always
1	2	3	4	5