

Date _____
 School _____
 Grade _____
 County _____

Youth

Grades 3 - 6

For questions 1-6, CIRCLE THE ONE ANSWER THAT BEST DESCRIBES what YOU do.

1. I wash my hands before I touch or eat food.

Almost always

Sometimes

Not very often



2. 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.

3. I eat different kinds of fruit every day.

Almost always

Sometimes

Not very often



4. I eat different kinds of vegetables every day.

Almost always

Sometimes

Not very often



5. I drink milk or eat cheese at least three times a day.

Almost always

Sometimes

Not very often



6. I am physically active every day (I do things like run, play sports, walk to or from school, dance, ride a bike, exercise, or rollerblade).

Almost always

Sometimes

Not very often



For questions 7-10, CIRCLE the ONE CORRECT ANSWER for each question:

7. What is the healthiest snack choice?



a. Soda pop and chips



b. Milkshake and fries



c. Fruit juice and pretzels

8. Which food would always be safe to pack in a sack lunch?

- a. Sliced ham
- b. Peanut butter
- c. Sliced cheese



9. How long should I wash my hands before I touch or eat food?

- a. As long as it takes to say my name
- b. As long as it takes to sing "Happy Birthday"
- c. As long as it takes to eat an apple



10. Which activity can help keep me healthy?

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

