

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



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This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call (800)221-5689.

Adapted from Professor Popcorn; Purdue University, 2002