



48306

Balancing Food & Play

Dear Parent,

Now, that *Balancing Food & Play* is over, we would like to know how much you know about nutrition and physical activity. This information will help us to test the effectiveness of the unit. You may refuse to answer any question. This survey will take no more than 10 to 15 minutes of your time. This survey should be completed by the same person who completed the pre-survey.

Today's Date: / /

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Please circle the correct answer.

MARKING INSTRUCTIONS

CORRECT: ● INCORRECT: ✗ ⊗ ⊖ ⊕

1. How many minutes a day should a child be physically active? Physically active means doing exercises like running, jogging, walking fast, bike riding, swimming, dancing, skating, or any other activity that makes you breathe faster and your heart beat faster.
 30 minutes (1/2 hour) 60 minutes (1 hour) 90 minutes (1 1/2 hours) 120 minutes (2 hours)

2. Children should have no more than how many hours a day of screen time? Screen time is: watching TV/video movies, playing video games or on the computer.
 1 hour 2 hours 3 hours 4 hours

3. Food groups on MyPyramid are:
 Meat, milk and bread
 Breakfast, lunch, dinner and snacks
 Meat, vegetables, potatoes and milk
 Grains, vegetables, fruits, milk, meat & beans

4. Examples of nutrients are:
 Water, protein, fats, carbohydrates, vitamins and minerals
 Breakfast, lunch and dinner
 Fruits and vegetables
 Grains, vegetables, fruits, milk, meat & beans

5. How many cups of vegetables do third grade children need to eat every day? Vegetables are all cooked and uncooked vegetables; salads; and boiled, baked and mashed potatoes. Do not count French fries or chips.
 1/2 cup 1 cup 2 cups 2 1/2 cups

6. How much of a dinner plate should be filled with vegetables or fruits and vegetables?
 None 1/4 1/3 1/2

7. How many teaspoons of sugar are in a can of regular (not diet) soda?
 2 teaspoons 6 teaspoons 10 teaspoons 15 teaspoons

8. How often do you serve vegetables with dinner? (Do not count french fries or chips.)
 Everyday Once a week
 4-6 times a week Once a month or more
 2-3 times a week Not at all

9. How often do you serve milk with meals?
 Everyday Once a week
 4-6 times a week Once a month or more
 2-3 times a week Not at all



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CORRECT: INCORRECT:

10. How often do you offer water with snacks?
- Everyday
 - 4-6 times a week
 - 2-3 times a week
 - Once a week
 - Once a month or more
 - Not at all
11. How often do you set limits on the amount of screen time your child has? (Screen time is time spent watching TV or movies, playing video games and computer time)
- Everyday
 - 4-6 times a week
 - 2-3 times a week
 - Once a week
 - Once a month or more
 - Not at all
12. How often do you ensure your child has at least 60 minutes of daily physical activity?
- Everyday
 - 4-6 times a week
 - 2-3 times a week
 - Once a week
 - Once a month or more
 - Not at all
13. How often do you get physical activity as a family?
- Everyday
 - 4-6 times a week
 - 2-3 times a week
 - Once a week
 - Once a month or more
 - Not at all
14. How often do you eat dinner as a family?
- Everyday
 - 4-6 times a week
 - 2-3 times a week
 - Once a week
 - Once a month or more
 - Not at all
15. Yesterday, did your third grade child drink any kind of milk? Count chocolate or other flavored milk, milk on cereal, or drinks made with milk.
- No, he/she didn't drink any milk yesterday.
 - Yes, he/she drank milk 1 time yesterday.
 - Yes, he/she drank milk 2 times yesterday.
 - Yes, he/she drank milk 3 or more times yesterday.
16. Yesterday, did your third grade child have screen time away from school?
- No, he/she didn't have any screen time yesterday.
 - Yes, he/she had 1 hour or less of screen time yesterday.
 - Yes, he/she had 2 hours of screen time yesterday.
 - Yes, he/she had 3 hours of screen time yesterday.
 - Yes, he/she had 4 hours or more of screen time yesterday.
17. Yesterday, did your third grade child have any physical activity?
- No, he/she didn't have any physical activity yesterday.
 - Yes, he/she had 30 minutes or less (1/2 hour or less) of physical activity yesterday.
 - Yes, he/she had 60 minutes (1 hour) of physical activity yesterday.
 - Yes, he/she had 90 minutes (1 1/2 hours) of physical activity yesterday.
 - Yes, he/she had 120 minutes or more (2 hours or more) of physical activity yesterday.



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CORRECT: ● INCORRECT: ✗ ⊗ ☹ ☺

18. Yesterday, did your third grade child drink any regular (not diet) soda?

- No, he/she didn't drink any regular soda yesterday.
- Yes, he/she drank regular soda 1 time yesterday.
- Yes, he/she drank regular soda 2 times yesterday.
- Yes, he/she drank regular soda 3 or more times yesterday.

19. What is your relationship to your third grade child?

- Mother
- Foster parent
- Father
- Close non-relative
- Aunt or Uncle
- Other:
- Older sister or brother

20. What did you like most about *Balancing Food & Play*?

21. Name one NEW thing you learned from the *Balancing Food & Play* lessons.

22. What changes has your third grade child made since starting *Balancing Food & Play*?

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