



28573

MARKING INSTRUCTIONS

CORRECT: ● INCORRECT: ✗ ⊗ ☹️ 🙄

Balancing Food & Play

We would like to know how much you know about nutrition and physical activity. This is a survey, not a test. You will not be graded on this survey. Please fill in the correct answer.

1. How many minutes a day should a child your age 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 harder and your heart beat faster.
 - 30 minutes (1/2 hour)
 - 60 minutes (1 hour)
 - 90 minutes (1 ½ hour)
 - 120 minutes (2 hours)

2. Children your age 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 children your age 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 ½ cups

OFFICE USE ONLY



28573

MARKING INSTRUCTIONS

CORRECT: ● INCORRECT: ☒ ☓ ☐ ☑

6. How much of your 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 eat vegetables each day?

- Always
- Almost always
- Sometimes
- Almost never
- Never

9. How often do you eat fruit each day?

- Always
- Almost always
- Sometimes
- Almost never
- Never

10. How often do you have milk with dinner?

- Always
- Almost always
- Sometimes
- Almost never
- Never

11. How often do you eat dinner as a family?

- Always
- Almost always
- Sometimes
- Almost never
- Never

For Example Only
Do Not Use



28573

MARKING INSTRUCTIONS

CORRECT: ● INCORRECT: ☒ ☓ ☐ ☑

12. How often do you get at least 60 minutes (1 hour) of physical activity each day?
- Always Almost always Sometimes Almost never Never
13. How often do you drink regular (not diet) soda each day?
- Always Almost always Sometimes Almost never Never
14. How often do you have 2 hours or less of screen time each day?
- Always Almost always Sometimes Almost never Never
15. Yesterday, did you eat any vegetables? (Do not count French fries or chips.)
- No, I didn't eat any vegetables yesterday.
- Yes, I ate vegetables 1 time yesterday.
- Yes, I ate vegetables 2 times yesterday.
- Yes, I ate vegetables 3 or more times yesterday.
16. Yesterday, did you drink any kind of milk? Count chocolate or other flavored milk, milk on cereal, or drinks made with milk.
- No, I didn't drink any milk yesterday.
- Yes, I drank milk 1 time yesterday.
- Yes, I drank milk 2 times yesterday.
- Yes, I drank milk 3 or more times yesterday.
17. Yesterday, did you have screen time away from school?
- No, I didn't have any screen time yesterday.
- Yes, I had 1 hour or less of screen time yesterday.
- Yes, I had 2 hours of screen time yesterday.
- Yes, I had 3 hours of screen time yesterday.
- Yes, I had 4 or more hours of screen time yesterday.
18. Yesterday, did you have any physical activity?
- No, I didn't have any physical activity yesterday.
- Yes, I had 30 minutes or less (1/2 hour or less) of physical activity yesterday.
- Yes, I had 60 minutes (1 hour) of physical activity yesterday.
- Yes, I had 90 minutes (1 1/2 hours) of physical activity yesterday.
- Yes, I had 120 minutes or more (2 hours or more) of physical activity yesterday.
19. Yesterday, did you drink any regular (not diet) soda?
- No, I didn't drink any regular soda yesterday.
- Yes – I drank regular soda 1 time yesterday.
- Yes – I drank regular soda 2 times yesterday.
- Yes - I drank regular soda 3 or more times yesterday.



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 have you made since starting *Balancing Food & Play*?

23. What changes has your family made since you started *Balancing Food & Play*?

For Example Only
Do Not Use