

JIFF Sound Off Survey

for grades 7-8

Your Age: _____

Your Grade: _____

Check one: male female

Read each question below and mark an “x” in the box of the column that best describes you and your actions.

| | Hardly Ever | Sometimes | Almost Always |
|--|-------------|-----------|---------------|
| 1. I wash my hands before cooking or eating. | | | |
| 2. I read food labels. | | | |
| 3. I eat breakfast every day. | | | |
| 4. I choose healthy snacks when I have the choice. | | | |
| 5. I eat vegetables every day. | | | |
| 6. I eat fruits every day (or drink real fruit juice). | | | |
| 7. I like to try new foods. | | | |
| 8. I think about whether foods are good for me when I choose what I eat. | | | |
| 9. I drink milk or eat cheese at least twice a day. | | | |
| 10. I do stretching exercises. | | | |
| 11. I am physically active until I sweat. | | | |
| 12. I do physical activities my family or friends. | | | |
| 13. I play sports or take classes like dance or karate. | | | |
| 14. When I watch TV, I exercise or dance during the commercials. | | | |
| 15. I use a jump rope for stretching or jumping. | | | |
| 16. I enjoy being physically active. | | | |

Please circle the choice that you believe is the best answer.

17. MyPyramid for Kids tells us ...

- A. The cost of different foods
- B. How much to eat of different kinds of food
- C. How to prepare foods we eat.
- D. Don't know

18. On most days, how much physical activity should you get?

- A. 60 minutes
- B. 3 hours
- C. 10 minutes
- D. Don't know

19. A snack has between 100 and 200 calories.

True False Don't Know

20. Being physically active will not make me healthier.

True False Don't Know

21. Eating cookies is a healthier snack than eating an apple.

True False Don't Know

22. Draw a line to match each food group and the correct main nutrient it provides.

| <u>Food Groups</u> | <u>Main Nutrient(s)</u> |
|----------------------|-------------------------|
| Grain Group | Protein |
| Vegetable Group | Calcium |
| Fruit Group | Vitamins A and C |
| Milk Group | Carbohydrates |
| Meat and Beans Group | Vitamins A and C |

Thank you for taking the JIFF Sound Off Survey!

Jump Into Food and Fitness – YDD Curriculum Adaptation Guide—125

Developed by UMKC Institute for Human Development in partnership with University of Missouri Extension and intended to supplement Michigan State University Extension's *Jump Into Foods and Fitness* curriculum.