

# JIFF Sound Off Survey

for high school and older

Your Age: \_\_\_\_\_ Your Grade: \_\_\_\_\_ Not in school: \_\_\_\_\_

Your Birthday: \_\_\_\_\_ 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 think about whether foods are good for me when I choose what I eat.			
8. I drink milk or eat cheese twice a day.			
9. I do moderate physical activities like walking, helping around the house, raking leaves, or taking the stairs.			
10. I do stretching exercises.			
11. I work on getting stronger by doing exercises like rope climbing, gymnastics, karate, push-ups or curl-ups.			
12. I am physically active until I sweat.			
13. I do physical activities with my family or friends.			
14. I am on a sports team or take classes like dance, yoga, judo or karate.			
15. When I watch TV, I exercise or dance during the commercials.			
16. I use a jump rope for stretching or jumping.			
17. I enjoy being physically active.			

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

**18.** 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

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

- a. 60 minutes
- b. 3 hours
- c. 10 minutes
- d. Don't know

**20.** A snack has between 100 and 200 calories.

- a. True
- b. False
- c. Don't know

**21.** Being physically active will not make me healthier.

- a. True
- b. False
- c. Don't know

**22.** Eating cookies is a healthier snack than eating an apple.

- a. True
- b. False
- c. Don't know

**23.** Draw a line to match the muscle group to the correct position of the body.

Muscles	Body Position
Abdominals (the dominator muscle)	Back part of upper arm
Trapezius (the trap muscles)	Shoulders and back
Deltoids (the airplane muscle)	Stomach
Biceps (the bicycle muscle)	Chest
Triceps (the tricycle muscle)	Inner part of upper arm
Pectorals (the King Kong muscles)	Arms and shoulders

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

Food Groups	Main Nutrient(s)
Grain Group	Protein
Vegetable Group	Calcium
Fruit Group	Vitamins A and C
Milk Group	Carbohydrates
Meat and Beans Group	Vitamins A and C

[For post-JIFF survey only – do not answer for the pretest]

**25.** Did you enjoy your experience in the JIFF program?

- a. Yes, a lot
- b. Yes
- c. Kind of
- d. No

**Thank you for taking the JIFF Sound Off Survey!**

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

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.