

JIFF Sound Off Survey

for grades K-6

Your Age: _____

Your Grade: _____

Check one: boy girl

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 eating. | | | |
| 2. I read food labels. | | | |
| 3. I eat breakfast every day. | | | |
| 4. I choose healthy snacks. | | | |
| 5. I like to try new foods. | | | |
| 6. I am physically active until I sweat. | | | |
| 7. I do physical activities with my family or friends. | | | |
| 8. When I watch TV, I exercise or dance during the commercials. | | | |
| 9. I use a jump rope for stretching or jumping. | | | |
| 10. I enjoy being physically active. | | | |

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

11. MyPyramid 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
12. On most days, how much physical activity should you get?
- a. 60 minutes
 - b. 3 hours
 - c. 10 minutes
 - d. Don't know
13. Eating cookies is a healthier snack than eating an apple.
- True False Don't know
14. Draw a line to match each food group and the correct main nutrient it provides.

| <u>Food Groups</u> | <u>Main Nutrient(s)</u> |
|--------------------|-------------------------|
| Bread / cereal | Protein |
| Vegetables | Calcium |
| Fruits | Vitamins A and C |
| Milk | Carbohydrates |
| Meat and Beans | Vitamins A and C |

THANK YOU FOR TAKING THE SOUND OFF SURVEY!

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