



Name: \_\_\_\_\_

Date: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

## DC EAT SMART/MOVE MORE PROGRAM

Pre and Post Survey (3<sup>rd</sup> - 6<sup>th</sup> Grade)

Directions: Circle your answer for each question.

1. Circle the number of fruits and/or cups of 100% fruit juice you eat or drink each day.

- a.) 0   b.) 1   c.) 2   d.) 3   e.) 4   f.) 5 or more



2. Circle how many times you eat vegetables each day.

- a.) 0   b.) 1   c.) 2   d.) 3   e.) 4   f.) 5 or more



3. Circle how many whole-grain foods you eat each day.

- a.) 0   b.) 1   c.) 2   d.) 3   e.) 4   f.) 5 or more



4. Circle how many low-fat/fat free foods from the milk group you eat each day.

- a.) 0   b.) 1   c.) 2   d.) 3   e.) 4   f.) 5 or more



5. Is physical activity and eating healthy foods important in maintaining a healthy body weight?

- a.) True   b.) False



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"The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689.