## 3rd-5th Grade EFNEP Pre-Post Survey

**Youth ID_____________________ Grade ____ Date________________**

- **Pre □**
- **Post □**

### 1. In the past week, I drank fruit-flavored drinks or sports drinks ...
- Never □
- 1-3 days □
- 4-6 days □
- About once a day □
- 2 or more times a day □

### 2. In the past week, I drank soda or pop ...
- Never □
- 1-3 days □
- 4-6 days □
- About once a day □
- 2 or more times a day □

### 3. In the past week, I ate vegetables ...
- Never □
- 1-3 days □
- 4-6 days □
- About once a day □
- 2 or more times a day □

### 4. In the past week, I ate vegetables as a snack ...
- Never □
- 1-3 days □
- 4-6 days □
- About once a day □
- 2 or more times a day □
5. In the past week, I ate fruit as a snack …
   - Never
   - 1-3 days
   - 4-6 days
   - About once a day
   - 2 or more times a day

6. In the past week, I ate vegetables at lunch …
   - Never
   - 1-3 days
   - 4-6 days
   - Every day

7. When I am offered a new food, I will try it …
   - Never or almost never
   - Sometimes
   - Most of the time
   - Always or almost always

8. I read Nutrition Facts labels …
   - Never or almost never
   - Sometimes
   - Most of the time
   - Always or almost always

9. I wash fruits and vegetables before I eat them …
   - Never or almost never
   - Sometimes
   - Most of the time
   - Always or almost always
   - Someone else does this for me

Youth ID__________________           Pre ○    Post ○
10. When I make myself something to eat, I put cold foods back in the refrigerator right away …
   - Never or almost never
   - Sometimes
   - Most of the time
   - Always or almost always
   - Someone else does this for me

11. Before I eat or touch food, I wash my hands with warm water and soap for at least 20 seconds …
   - Never or almost never
   - Sometimes
   - Most of the time
   - Always or almost always

12. In the past week, I did physical activities …
   - Not at all
   - 1-2 days
   - 3-4 days (or some days)
   - 5-6 days (or most days)
   - 7 days (every day)

13. In the past week, for how long did you usually do physical activities?
   - Less than 15 minutes a day
   - About 15 minutes a day
   - About 30 minutes a day
   - About an hour a day
   - More than an hour a day

14. In the past week, when I was not doing homework, I used a computer, TV, smartphone, tablet or played video games …
   - Less than 1 hour a day
   - 1-2 hours a day
   - 3-4 hours a day
   - 5-6 hours a day
   - 7 or more hours a day

Youth ID: ____________________  Pre: ○  Post: ○