

UNIVERSITY OF CALIFORNIA



cal fresh Nutrition Education

Dear Student,

Hello! We are the University of California CalFresh Program (UC CalFresh). Our program teaches young people about healthy eating and physical activity habits. Our goal is to help students stay healthy. Our program is funded by USDA. The program is free to your school or community.

To find out how well our lessons work, we ask that you complete this survey. However, completing the survey is totally voluntary. *Voluntary* means you can agree or not agree to complete it. It is up to you. You may also skip questions you do not want to answer. But, we hope that you will answer all of them. Any information about who you are will be kept secret. We will not share your name or id number.

If you have any questions about the survey, just ask us!

Name of your local UC CalFresh educator: _____

Phone number: _____

You may also contact our UC CalFresh State Director:

Kamaljeet Khaira, University of California at Davis, One Shields Ave, Davis CA 95616
(530) 752-0555

If you have any concerns or complaints about our UC CalFresh Nutrition evaluation, you may also contact the Institutional Review Board, University of California at Davis at (916) 703-9151, from 8:00 a.m. to 5:00 p.m., Monday through Friday, or by writing to the Institutional Review Board, CTSC Bldg., Suite 1400, Rm. 1429, 2921 Stockton Blvd., Sacramento, California 95817.

eatfit Survey

POST eatfit

Think about last week and mark how often you...

	Never	Rarely	Sometimes	Often	Always
1. Ate breakfast. (morning meal)	①	②	③	④	⑤
2. Ate a fruit or vegetable at breakfast.	①	②	③	④	⑤
3. Drank sweetened fruit drinks, teas/coffees, or sports/energy drinks. (such as Sunny Delight, Arizona, Snapple, Frappuccino, or Gatorade)	①	②	③	④	⑤
4. Drank regular soda. (not sugar free/diet)	①	②	③	④	⑤
5. Ate a vegetable at dinner.	①	②	③	④	⑤
6. Ate dark green leafy vegetables. (spinach, kale, collard greens, broccoli)	①	②	③	④	⑤
7. Ate pizza <u>with</u> pepperoni, sausage, salami, extra cheese or combination.	①	②	③	④	⑤
8. Ate a sandwich or hamburger <u>with</u> mayonnaise, cheese, butter, or creamy dressing like Ranch.	①	②	③	④	⑤
9. Ate snack cakes, cookies, doughnuts, brownies, pies or similar sweet baked goods. (such as, Twinkies, Pop Tarts)	①	②	③	④	⑤
10. Participated in sports/physical activities for at least 20 minutes that made you sweat and breathe hard (such as jogging, tennis, basketball)	①	②	③	④	⑤
11. Participated in lifestyle activities. (such as walking your pet, bicycling to school, taking the stairs, playing ping pong, or doing housework)	①	②	③	④	⑤

12. Please tell us about your eating goal.

A) Did you set an eating goal? Yes No

B) What was your eating goal? If you had one, please write down what it is:

C) Did you **try** to meet your eating goal? Yes NoD) Were you successful at reaching your eating goal? Yes NoE) If you met your eating goal, did you set another eating goal to work on to make more improvements? Yes No

13. Please tell us about your fitness goal.

A) Did you set a fitness goal? Yes No

B) What was your fitness goal? If you had one, please write down what it is:

C) Did you **try** to meet your fitness goal? Yes NoD) Were you successful at reaching your fitness goal? Yes NoE) If you met your fitness goal, did you set another fitness goal to work on to make more improvements? Yes No14. How did setting goals help you change your eating or fitness habits?

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eatfit Survey

PRE eatfit

Think about before EatFit and mark how often you...

	Never	Rarely	Sometimes	Often	Always
1. Ate breakfast. (morning meal)	①	②	③	④	⑤
2. Ate a fruit or vegetable at breakfast.	①	②	③	④	⑤
3. Drank sweetened fruit drinks, teas/coffees, or sports/energy drinks. (such as Sunny Delight, Arizona, Snapple, Frappuccino, or Gatorade)	①	②	③	④	⑤
4. Drank regular soda. (not sugar free/diet)	①	②	③	④	⑤
5. Ate a vegetable at dinner.	①	②	③	④	⑤
6. Ate dark green leafy vegetables. (spinach, kale, collard greens, broccoli)	①	②	③	④	⑤
7. Ate pizza <u>with</u> pepperoni, sausage, salami, extra cheese or combination.	①	②	③	④	⑤
8. Ate a sandwich or hamburger <u>with</u> mayonnaise, cheese, butter, or creamy dressing like Ranch.	①	②	③	④	⑤
9. Ate snack cakes, cookies, doughnuts, brownies, pies or similar sweet baked goods. (such as, Twinkies, Pop Tarts)	①	②	③	④	⑤
10. Participated in sports/physical activities for at least 20 minutes that made you sweat and breathe hard (such as jogging, tennis, basketball)	①	②	③	④	⑤
11. Participated in lifestyle activities. (such as walking your pet, bicycling to school, taking the stairs, playing ping pong, or doing housework)	①	②	③	④	⑤