

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.

Nutrition Survey

First letter of your FIRST name	First letter of your LAST name	Birth MONTH	Birth DAY
A-Z	A-Z	01-12	01-31
<input type="text"/>	<input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>

County: _____

Student ID:

School Name: _____ Pre Post

Date: _____ Grade: 4th 5th 6th Other (specify): _____

Directions....

1. It is important that everyone be very quiet and follow the directions.
2. Each question will be read out loud one at a time. It is important that we stay together as a class.
3. After the question and the answer choices have been read, choose which answer you think is correct by circling the letter in front of that answer.
4. Circle only one answer for each question.
5. Answer all of the questions.
6. If you do not know an answer to a question, make your best guess.
7. If you want to change you answer, carefully erase the letter you circled and clearly circle another.

Thank you for your help!

1. In which nutrient group is iron found?

- a. Fats
- b. Minerals
- c. Vitamins
- d. Carbohydrates

2. Why do our bodies need calcium?

- a. To keep our blood healthy
- b. To keep us from catching a cold
- c. To help our bones and teeth grow and stay strong
- d. To help us see in the dark

3. Which food group provides our bodies with a lot of calcium?

- a. The fruit group
- b. The dairy group
- c. The vegetable group
- d. The fats and sugars group

4. Which of the following nutrients provides our bodies with energy?

- a. Protein
- b. Minerals
- c. Water
- d. Vitamins

5. What is the name of the process in which a plant makes its own food by using air, sunlight, and water?

- a. Phototropism
- b. Germination
- c. Photosynthesis
- d. Hydrotropism

- 6. Which of the following is a low-fat healthy snack?**
- a. Chocolate chip cookies
 - b. French fries
 - c. Pretzels
 - d. A candy bar
- 7. Which food is in the protein group?**
- a. Peanuts
 - b. An apple
 - c. Rice
 - d. Tomato juice
- 8. Where does oxygen-rich blood go after leaving the lungs?**
- a. The brain
 - b. The heart
 - c. The kidney
 - d. The stomach
- 9. Peach trees have sweet-smelling blossoms and produce rich fruit. What is the main purpose of the flowers of a peach tree?**
- a. To attract bees for pollination
 - b. To create flower arrangements
 - c. To protect the tree from disease
 - d. To feed migratory birds
- 10. When should you eat a variety of foods?**
- a. Just at breakfast
 - b. Just at lunch
 - c. Just at dinner
 - d. All day long

Use the following information to answer the question below.

Food A:

Nutrition Facts	
12 servings per container Serving Size 1 cup (300g)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 12mg	4%
Sodium 200mg	8%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g of Added Sugars	0%
Protein 8g	2%
Vitamin D 3mcg	15%
Calcium 272mg	20%
Iron 0mg	0%
Potassium 422mg	9%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice	

Food B:

Nutrition Facts	
12 serving per container Serving Size 1 cup (300g)	
Amount per serving	
Calories	185
% Daily Value*	
Total Fat 9g	5%
Saturated Fat 6g	5%
<i>Trans</i> Fat 0g	
Cholesterol 40mg	4%
Sodium 200mg	8%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g of Added Sugars	0%
Protein 11g	3%
Vitamin D 3mcg	15%
Calcium 272mg	20%
Iron 0mg	0%
Potassium 422mg	9%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice	

11. How many more grams of protein are in Food B than in Food A?

- a. 0 grams
- b. 1 gram
- c. 3 grams
- d. 5 grams

12. Which of the following nutrients helps our eyes see in the dark?

- a. Vitamin C
- b. Carbohydrates
- c. Vitamin A
- d. Water

13. Imagine putting one cup of salad on a plate. If you did this, your salad would look about the same size as:

- a. Two ping-pong balls
- b. A baseball
- c. A deck of cards
- d. A soccer ball

14. If you measure your pulse, you will find out:

- a. How many times your heart beats in one minute.
- b. What color your shoes are.
- c. How much water you had with lunch.
- d. How much you weigh.

15. Which of the following gases do plants use in photosynthesis?

- a. Hydrogen
- b. Oxygen
- c. Carbon dioxide
- d. Carbon monoxide

16. Which food group does orange juice belong in?

- a. The vegetable group
- b. The protein group
- c. The fruit group
- d. The grain group

17. About how much vegetables should you eat each day?

- a. 0 – I don't need to eat vegetables every day.
- b. 0.5 cups
- c. 1 to 1.5 cups
- d. 2 to 2.5 cups

Use the following information to answer the question noted below. For lunch, a young female student ate:

2 slices of whole wheat bread 2 tbsp. of peanut butter 1/2 cup sliced banana 1/2 cup carrot sticks 1 cup of applesauce 1 cup nonfat milk

18. From how many food groups did this student eat during lunch?

- a. One food group
- b. Three food groups
- c. Five food groups
- d. Six food groups

19. Which of the foods noted below is an example of a flower that we eat?

- a. A carrot
- b. Broccoli
- c. Celery
- d. A mango

20. Which of the following is broken down in the body to release energy?

- a. Sugar
- b. Water
- c. Salt
- d. Oxygen