



**University of
California**
Cooperative Extension

instruction guide
for the administration of the evaluation tool

Food Behavior Checklist

Developed by the University of California (UC) Cooperative Extension, the California Nutrition Network, UC Davis Design Program and UC Davis Nutrition Department



Funded by the UC Cooperative Extension and UC Davis Design Program

UCCE Visually Enhanced Food Behavior Checklist (FBC)^{1, 2, 3} Instruction Guide

The purpose of this tool is to document client behavior change by assessing client eating behaviors before and after the nutrition education lessons.

Instructions: Use this instruction guide when administering the Food Behavior Checklist tool to clients. Administer this tool on 2 occasions—at the registration time before the first lesson is taught and then after the last lesson is taught.


Note: Due to updated SNAP-Ed guidance, logo and brand names had to be removed from all FBC photos.


FBC Questions	Photograph	Explanation	Potential Questions from Clients	Staff Response Suggestions
<p>Do you drink fruit drinks, sport drinks or punch?</p> 	<p>Items pictured include:</p> <ul style="list-style-type: none"> Sunny D Hawaiian Punch Propel Fitness Water Gatorade Country Time Lemonade Kool-Aid packets 	<p>Count non-carbonated beverages other than 100% juices. Do not count soda.</p>	<p>Does this include Tampico? Hi-C? Capri-Sun?</p> <p>Does Power Aide count?</p> <p>I don't drink Sunny D but I do drink other orange juice, does that count?</p> <p>I heard that sport drinks, like Gatorade, are good for my child. Why count them?</p>	<p>Yes</p> <p>Yes</p> <p>Only counts if it is not 100% juice.</p> <p>They are not 100% juice.</p>
<p>Do you drink regular soda?</p> 	<p>Items pictured include:</p> <ul style="list-style-type: none"> canned soda (Black Cherry, Grape, Orange, Cherry Cola, Grapefruit, and Cola) soda in a cup (Coke and Pepsi) 2 liter bottles of soda (Dr. Pepper, 7-Up, Sunkist Orange Soda, and Mountain Dew) 	<p>'Regular' soda means 'non-diet' soft drinks. Include sweetened carbonated drinks.</p>	<p>Does strawberry Shasta count?</p> <p>What about caffeine free coke?</p> <p>Does diet count?</p>	<p>Yes</p> <p>Yes, as long as it is not diet.</p> <p>No</p>


¹ Prepared by Marilyn Townsend, Christine Davidson, Larissa Leavens, Anna Martin, and Diane Metz. Reviewed by Gloria Espinosa-Hall, Lucia Kaiser, and Cathi Lamp.



² If you have additions for this guide, please contact Larissa Leavens at 530-754-8051 in the Nutrition Dept, UC Davis.


³ Version UCCE Food Behavior Checklist English 9/06


FBC Questions	Photograph	Explanation	Potential Questions from Clients	Staff Response Suggestions
<p>Fruit: How much do you eat each <u>day</u>?</p> 	<p>Items pictured include 4 sets of cups:</p> <ul style="list-style-type: none"> • First cup – empty 1 cup measuring cup over the circle answer ‘none’ • Second cup – full 1 cup measuring cup with grapes, sliced strawberries, and sliced banana over the circle answer ‘1 cup’ • Third set of cups – two full 1 cup measuring cups over the circle answer ‘2 cups’ <ul style="list-style-type: none"> ▪ one has grapes, sliced strawberries, and sliced banana. ▪ the second has cut watermelon, cut mango, and an orange wedge. • Fourth set of cups – three full 1 cup measuring cups over the circle answer ‘3 cups or more.’ <ul style="list-style-type: none"> ▪ the first cup has cut watermelon and cut mango ▪ the second cup grapes, sliced strawberries, and sliced banana ▪ the third cup has orange and apple slices 	<p>This question is about total quantity of fruit. This includes all fresh, frozen, canned, and dried fruits and fruit juices. In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup of fruit.</p> <p>Examples:</p> <ul style="list-style-type: none"> • 1 piece of fruit counts as 1 cup • 1 cup chopped watermelon counts as 1 cup of fruit • 1 cup of 100% orange juice counts as 1 cup of fruit • ½ cup of raisins counts 1 cup of fruit <p>If you do not eat fruit, mark ‘none.’</p> <p>Note: These measurements reflect the MyPyramid guidelines, not the Food Guide Pyramid serving size guidelines.</p>	<p>Does frozen fruit count?</p> <p>Does cran-raspberry juice count?</p> <p>Does dried fruit count?</p> <p>Do fruit snacks count?</p> <p>I eat less than ½ a cup. What do I mark?</p>	<p>Yes</p> <p>Only if it is 100% juice with no added sugar.</p> <p>Yes, remember that ½ cup of dried fruit should be considered as 1 cup of fruit.</p> <p>No if a ‘fruit snack’ is a fruit roll up or gummy fruit snacks. Yes if the ‘fruit snack’ is something like a piece of fruit.</p> <p>Mark the answer that is closest to the amount you eat.</p>


FBC Questions	Photograph	Explanation	Potential Questions from Clients	Staff Response Suggestions
<p>Vegetables: How much do you eat each <u>day</u>?</p> 	<p>Items pictured include 4 sets of cups:</p> <ul style="list-style-type: none"> • First cup – empty 1 cup measuring cup over the circle answer ‘none’ • Second cup – a full 1 cup measuring cup with sticks of carrot, celery, green bell pepper and cucumber over the circle answer ‘1 cup’ • Third set of cups – two full 1 cup measuring cups over the circle answer ‘2 cups’ <ul style="list-style-type: none"> ▪ one has cooked corn kernels, peas, and broccoli ▪ the second has raw vegetables including torn romaine lettuce, cut tomatoes, cut cucumber, and sliced red onion. • Fourth set of cups – three full 1 cup measuring cups over the circle answer ‘3 cups or more’ <ul style="list-style-type: none"> ▪ the first cup has sticks of carrot, celery, green bell pepper and cucumber ▪ the second cup has cooked corn kernels, peas, and broccoli ▪ the third cup has raw vegetables including torn romaine lettuce, cut tomatoes, cut cucumber, and sliced red onion 	<p>This question is about total quantity or amount of vegetables or vegetable juice. This includes all fresh, frozen, canned and dried vegetables and vegetable juices. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup of vegetable.</p> <p>Examples:</p> <ul style="list-style-type: none"> • 1 cup chopped broccoli counts as 1 cup of vegetable • 1 cup of V8 or tomato juice counts as 1 cup of vegetable • a salad with 2 cups of leafy greens counts as 1 cup of vegetable <p>French fries count because they are potatoes. Potato chips do not count as a vegetable. If you do not eat vegetables, mark ‘No.’</p> <p>Note: These measurements reflect the MyPyramid guidelines, not the Food Guide Pyramid serving size guidelines.</p>	<p>Does it have to be the vegetables in the picture?</p> <p>Do I count everything that was on my salad?</p> <p>Do they have to be fresh or can they be frozen or canned?</p> <p>Do French fries count?</p>	<p>No, any vegetable will count.</p> <p>Yes, count the total amount of the salad. But, remember the 2 cups of raw leafy greens can be considered 1 cup of vegetable.</p> <p>They can be fresh, frozen, canned, or vegetable juice.</p> <p>Yes, count French fries for questions 6, 9, 13, and 17. Do not count them for questions 18, 19, 20, and 21.</p>


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<p>Do you eat more than one kind of fruit each day?</p> 	<p>Items pictured include 4 photos:</p> <ul style="list-style-type: none"> • Top left picture- bag of frozen whole strawberries, a jar of applesauce, a pear, a nectarine, a peach, and a bowl of mixed fruit including dried plums (prunes), dried apricot, and dried nectarines • Top right picture- small carton of orange juice, a glass of orange juice, a can of frozen orange juice, a can of frozen grape juice, a grapefruit, a banana, a slice of watermelon, and a bowl of fresh strawberries and blueberries • Bottom right- a pomegranate, a persimmon, half of a honeydew melon, a cut papaya, a box of raisins, and a can of sliced pears • Bottom left- a can of fruit cocktail, a can of sliced pineapple, a whole cantaloupe melon, a whole mango, cut kiwi fruit, 2 whole plums, and a whole apple 	<p>This question is attempting to address variety. Different preparation methods of the same fruit do not count as variety (e.g. raw apple for snack, applesauce at dinner). Small amounts of fruit should not be counted (e.g. raisins in a cookie).</p>	<p>Does it count if I only had 2 grapes and ½ a banana?</p> <p>Does juice count or does it have to be the piece of fruit?</p> <p>If I eat canned fruit cocktail does it count as more than one fruit?</p>	<p>No. The minimally accepted amount for each is: ¼ cup of raw or canned fruit, ¼ cup 100% fruit juice, 2 tablespoons dried fruit, or equivalent.</p> <p>Juice counts if it is 100% juice with no added sugar.</p> <p>The minimally accepted amount for each is: ¼ cup of raw or canned fruit, ¼ cup 100% fruit juice, 2 tablespoons dried fruit, or equivalent.</p>

FBC Questions	Photograph	Explanation	Potential Questions from Clients	Staff Response Suggestions
<p>Do you eat more than one kind of vegetable each day?</p> 	<p>Items pictured include:</p> <ul style="list-style-type: none"> • tomatoes • potato • cilantro • onion • squash • cucumber • peppers • radishes • avocado • garlic • cactus • zucchini • corn • carrots • chayote • cauliflower • spinach • canned tomatoes • canned salsa • canned sweet potatoes • canned peas • V-8 vegetable juice 	<p>This question is about “variety.” Different preparation methods of the same vegetable do not count as variety (e.g. coleslaw at lunch, cooked cabbage at dinner). Small amounts of vegetables should not be counted (e.g. the few carrot pieces in canned chicken noodle soup). If you do not eat vegetables, mark ‘No.’</p>	<p>Do frozen vegetables count?</p> <p>If I eat French fries and lettuce on my hamburger does that count? Do lettuce and onions on my taco count?</p> <p>If I eat a can of mixed vegetables does that count? What if I eat a medley of frozen vegetables? Does that count as more than one kind?</p>	<p>Yes</p> <p>The minimally accepted amount for each item is: ¼ cup of chopped raw or cooked vegetables, ¼ cup 100% vegetable juice, ½ cup of leafy vegetables, or equivalent.</p> <p>Yes, the minimally accepted amount for each item is ¼ cup of chopped raw or cooked vegetables, ½ cup of leafy vegetables, or equivalent.</p>
<p>Do you use this label when food shopping?</p> 	<p>Items pictures include 2 photos:</p> <ul style="list-style-type: none"> • Far left photo- a nutrition facts label • Far right photo- a woman in the cereal aisle of the grocery store in front of boxes of Honey Bunches of Oats looking at the nutrition facts label of a box of Kellogg’s corn flakes 	<p>If you do not do the food shopping for your household, mark ‘No.’</p>	<p>I look at it but don’t know what it means, what do I mark?</p> <p>Is it the same as looking at the front of the package?</p> <p>I look at it but price and preference determines my purchase. Should I mark yes or no?</p>	<p>Mark ‘no’.</p> <p>No, it must be the nutrition facts label.</p> <p>Mark “yes.”</p>

FBC Questions	Photograph	Explanation	Potential Questions from Clients	Staff Response Suggestions
<p>Do you run out of food before the end of the month?</p> 	<p>Items pictured include:</p> <ul style="list-style-type: none"> • a nearly empty refrigerator with the following items inside: <ul style="list-style-type: none"> ▪ French's yellow mustard ▪ a bottle of salad dressing ▪ a can of soda ▪ a bottle of ketchup ▪ 2 eggs ▪ an almost empty gallon jug of milk 	<p>This question is about food insecurity. Mark 'Yes' if you use emergency food resources or if some family members go without food.</p> <p>Mark 'Yes' is your run out of cash or food stamps to buy food. This may be a sensitive issue, but, if necessary, explain that this does not imply that client does not find something to feed children.</p> <p>Money for food could mean cash, credit, debit card, food stamps or WIC vouchers.</p>	<p>Does that mean that I don't eat at all?</p> <p>If someone else gives me food so I won't be out of food, do I count that?</p> <p>My fridge may be empty but I usually have rice, beans, and canned foods in my cupboards. I am tired of these foods. Should I mark yes or no?</p>	<p>A 'yes' means that you run out of money, vouchers, or stamps to buy food before the end of the month.</p> <p>Yes, count as running out of food.</p> <p>Mark 'no'.</p>

FBC Question	Photographs	Explanation	Potential Questions from Clients	Staff Response Suggestions
<p>In the past week, how many days did you exercise for at least 30 minutes (This includes things like jogging, playing soccer, and doing fitness or dance classes, or exercise videos. This 30 minutes could be all at once or 10 minutes or more at a time. Do not count housework, taking care of kids, or walking from place to place.)</p> 	<p>Diverse group of typical SNAP-Ed middle age to senior adults walking very briskly in a park setting.</p>	<p>The emphasis is on moderate to vigorous PA in which a person breathes harder than normal.</p>	<p>Does the exercise have to be every day?</p>	<p>No. You can divide your 10 minute minimum activities across the week to, for example, every other day.</p>

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<p>In the past week, <u>how many days</u> did you do workouts to build and strengthen your muscles? (This includes things like lifting weights and doing push-ups, sit-ups or planks.)</p> 	<p>Diverse group of typical SNAP-Ed middle age to adults participating in strength training activities such as lifting weights.</p>	<p>The emphasis is on physical activity to make muscles stronger.</p>	<p>Does workouts that include using elastic bands count?</p> <p>Do ankle type weights used for leg lifts and arm circles count?</p>	<p>Yes. It is another way to strengthen muscles.</p> <p>Yes, as they strengthen muscles, even if you are sitting.</p>

FBC Question	Photographs	Explanation	Potential Questions from Clients	Staff Response Suggestions
<p>Q11. How often do you make small changes on purpose to be more active? (This includes things like walking instead of driving, getting off the bus one stop early, doing a few minutes of exercise, or moving around instead of sitting while watching TV.)</p> 	<p>Items pictured include 3 photos:</p> <ul style="list-style-type: none"> • Far left photo- Walking outdoors • Middle photo- Moving outdoors in a wheelchair • Far right photo- Standing while riding a bus 	<p>The emphasis is on small intentional changes that can be made in your daily life to be more active.</p>	<p>Does walking around during TV commercials count?</p> <p>Does riding a bike instead of driving count as a small change?</p>	<p>Yes, getting up and walking around during commercials while watching TV helps to get your blood flowing and reduces your sedentary activity.</p> <p>Yes, choosing to ride a bike (or walk) instead of driving to a grocery store, work, the park, or to visit a friend to be more active are all small intentional changes.</p>