

Today's Date: _____

First Name: _____

Last Name: _____

Please circle or write in **only one** answer for each question.

A	1. On most days, I eat vegetables ...	_____ times a day	
	2. On most days, I eat fruit ...	_____ times a day	
	3. On a normal day, do you eat more than one kind of vegetable?	Yes	No
	4. On a normal day, do you eat more than one kind of fruit?	Yes	No

B	5. I drink sugary drinks, like soda or sports drinks...	Never	1 time a week	2 times a week	3 or more times a week
	6. On most days, I drink water...	Never	1 time a day	2 times a day	3 or more times a day

C	7. In a typical week, I do activities that make my heart rate go up and make me breathe harder than normal (like walking, running, dancing, hiking, sports, or yardwork) for...	Less than 30 minutes each week	30 minutes to 1.5 hours each week	1.5 hours to 2.5 hours each week	2.5 hours or more each week
	8. When I do activities that make me breathe harder than normal, I keep going until I'm breathing much harder than normal for...	Never	Some, but less than 45 minutes each week	45 minutes to 1.25 hours (75 minutes) each week	1.25 hours (75 minutes) or more each week

More questions on the back >>

Please circle **only one** answer for each question.

D	9. I choose healthy foods for my family on a budget...	Never	Sometimes or rarely	Often	Always
	10. I read the nutrition facts on the package...	Never	Sometimes or rarely	Often	Always
	11. When I shop for food, I compare prices...	Never	Sometimes or rarely	Often	Always
	12. When I shop for food, I use a list...	Never	Sometimes or rarely	Often	Always

Are you 60 years or over?

- ☐ Yes
- ☐ No
- ☐ Prefer not to say

Educators select one: ☐ Pre ☐ Post

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