

Fruitful Minds: Pre-curriculum Survey Part One



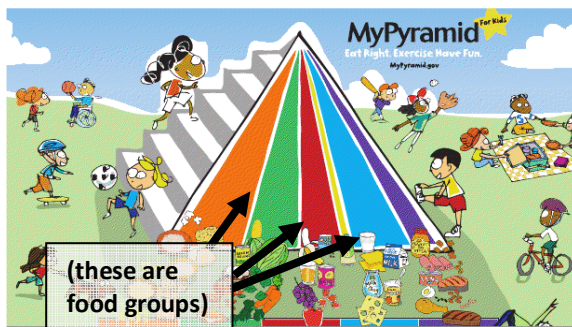
The goal of this survey is for us to get to know and understand you as a group and how much you already know about nutrition. This will help us to make our classes better and understand the knowledge of students of your age. This survey is anonymous, so no one will know what answers you put down for each question. Please answer the survey on your own without looking up answers or seeking help. If you don't know the answers to some of the questions, instead of leaving them blank, put "don't know."

This is a detailed survey, so hang in there! We really appreciate the effort that you put in!

How much you know about nutrition?

I. Food groups

1. We can categorize food into six groups. Five are listed below; list the group that is missing. (fill in the blank)
Grains, Vegetables, Fruit, Meat/Beans, Oils, _____
2. True or false—"The stripes of the Food Pyramid represent different food groups. The thicker the stripe of a certain food group, the more important it is for our body."



Circle one answer:

- A) True
B) False

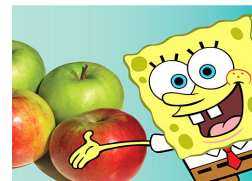
3. True or False—"Packaged, frozen foods are equally nutritious comparing to fresh, unprocessed foods because they contain the same ingredients."

Circle one answer:

- A) True
B) False

4. How many servings of fruit should we try to eat in one day?

- A) 0.5 C) 1-2
B) 1 D) 2-3



II. Nutrients

1. The nutrients we need can be categorized into different groups. Two nutrient groups are missing in the list below; list at least one.

Protein, Vitamins/minerals, water, _____, _____

2. Which of the following is NOT a benefit of fiber?
 - A) Fiber helps with digestion
 - B) Fiber helps to prevent certain diseases
 - C) Fiber prevents constipation
 - D) Fiber provides you with energy to do various activities

3. Circle the foods below that are naturally high in fiber.

Donut Celery Chicken Poptart

Cookie White bread Apple Wheat bread

4. True or False – “Some fats are good for our body.”

- A) True
- B) False

5. Name one vitamin and how it helps your body.

III. Nutrition Labeling

1. When you read the food label, how can you tell how much “energy” a food product contains?
2. From looking at the “Nutrition Facts” below, how many calories total does this box of Oreo have? How many cookies does this box of Oreo contain?
(one serving size = 3 cookies)

- A) 34 calories; 15 cookies
- B) 34 calories; 45 cookies
- C) 160 calories; 15 cookies
- D) 160 calories; 45 cookies
- E) 2400 calories (160 x 15); 15 cookies
- F) 2400 calories (160 x 15); 45 cookies



Nutrition Facts		
Serving Size 34g		
Servings per Container about 15		
Amount Per Serving		
Calories	160	Calories from Fat 60
% Daily Value*		
Total Fat	7g	11 %
Saturated Fat	2g	10 %
Trans Fat	0g	
Cholesterol	0mg	0 %
Sodium	160mg	7 %
Total Carbohydrate	25g	8 %
Dietary Fiber	1g	4 %
Sugars	14g	
Protein	1g	