



## Fruitful Minds: Pre-curriculum Survey Part Two

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?

#### IV. Advertising & Media

1. What is the goal of advertisements?
2. True or false –“Food products that state their health benefits on their packaging are healthier than food that don’t include such statements. Government wouldn’t allow food products to make statements of their health benefits if they are not actually healthier and more beneficial than other food.”

A) True

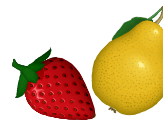
B) False


3. Where can you usually find the best information about the nutritional value of a packaged food?


A) Front (where it talks about the benefits of the food)

B) Back or Side (where the nutrition label is)

C) Both have equally helpful information



## V. Physical Activity

1. List some benefits of physical activities/physical exercise.
  2. What is the recommended daily amount of physical activity?
    - A) 1 hour/day
    - B) 1 hour/week
    - C) 2 hours/week
    - D) 2 hours/week
    - E) 0.5 hours/day
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3. Circle the most correct answer choice for each statement.  
Dancing is a type of (strength training/ aerobic/stretching) exercise.  
Yoga is a type of (strength training/ aerobic/stretching) exercise.  
Monkey Bars is a type of (strength training/ aerobic/stretching) exercise.
4. Name one bad thing for your health that can happen if you do not do physical activity?
5. Where does excess energy from food go if you eat more energy than you expend (in other words, what happens when some of the energy you have taken in from food are not spent through your physical activities and body functions) in one day?
  - A) The extra energy is stored as muscle, and it helps you become a stronger person
  - B) The extra energy circulates in the body as energy, and they can be used in the future when you engage in intense physical activities.
  - C) The extra energy is stored as fat in the body.
  - D) The extra energy gets eliminated with feces and other body excretions.
6. Problem solving/decision making: Your friend Anna has been eating a lot of unhealthy food. She often eats at fast food restaurants, and sometimes she snacks on packaged food such as chips and cookies in place of proper meals. Her family doesn't have time to cook, and they think that fresh fruits and vegetables are often times too expensive comparing to fast food. Because Anna lives in a rather unsafe neighborhood, she also doesn't have access to parks or recreational facilities, so she rarely does any exercise.
  - A) Identify parts of Anna's life style that might be unhealthy.
  - B) What advice would you give Anna to help her make healthy decisions?