

Fruitful Minds: Pre-curriculum Survey



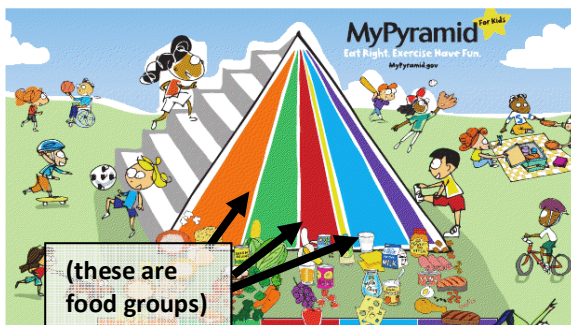
The goal of this survey is for us to get to know and understand you as a group and how much you already know about nutrition. This will help us to make our classes better and understand the knowledge of students of your age. This survey is anonymous, so no one will know what answers you put down for 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

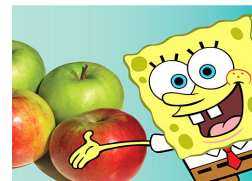
3. True or False—"Packaged, frozen foods are equally nutritious comparing to fresh, unprocessed foods because they contain the same ingredients."

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	

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 D) 2 hours/week
B) 1 hour/week E) 0.5 hours/day
C) 2 hours/week
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?