

## Healthy Growing Student Survey - POST

*Please circle one response that best answers each question:*

	<b>Question</b>					
1	Do you like eating green colored veggies?	Always	Very Often	Somewhat Often	Almost Never	Never
2	How often do you help your mom or dad cook dinner each week?	Always	Very Often	Somewhat Often	Almost Never	Never
3	How often do you eat a balanced meal?	Always	Very Often	Somewhat Often	Almost Never	Never
4	How often do you eat fruit?	Always	Very Often	Somewhat Often	Almost Never	Never
5	How often do you eat veggies?	Always	Very Often	Somewhat Often	Almost Never	Never
6	How often do you ask for a whole meal (meat, veggies, fruit, & grains)?	Always	Very Often	Somewhat Often	Almost Never	Never
7	Would you rather eat at home or a restaurant?	Home	Restaurant			
8	Do you think gummy fruit snacks are healthy?	Yes	No			

9	Do chicken nuggets come from a farm?	Yes	No			
10	Is ALL food made in a grocery store?	Yes	No			
11	Is eating Doritos every day healthy?	Yes	No			
12	Will eating fruit help you be healthy?	Yes	No			
13	Will eating veggies help you be healthy?	Yes	No			
14	Has your doctor said that you're overweight or obese?	Yes	No			
15	(If answered yes to question #14) Have you lost any weight since starting the Healthy Growing Program?	Yes	No			
16	Has your doctor said that you have type 2 diabetes?	Yes	No			
17	(If answered yes to question #16) Have your type 2 diabetes symptoms improved since starting the Healthy Growing Program?	Yes	No			