

Tell Us What You Do!

Youth Behavior Survey Level 1

OFFICE USE ONLY—FY19

PQ1NUM _____

___ Pre-test ___ Post-test

How often do you do each of these things? Circle **only one answer** for each question. There are no right or wrong answers.

1) During the past week, I ate breakfast:

- a. Every day
- b. Almost every day
- c. Sometimes
- d. Almost never
- e. Never



5) During the past week, I chose to drink water instead of drinking soda, sports drinks, or juice:

- a. Every day
- b. Almost every day
- c. Sometimes
- d. Almost never
- e. Never



2) During the past week, I ate different kinds of fruits:

- a. Every day
- b. Almost every day
- c. Sometimes
- d. Almost never
- e. Never



6) During the past week, I ate foods from most MyPlate food groups:

- a. Every day
- b. Almost every day
- c. Sometimes
- d. Almost never
- e. Never



3) During the past week, I ate healthy snacks like fruit, vegetables, nuts, yogurt, or whole grain crackers:

- a. Every day
- b. Almost every day
- c. Sometimes
- d. Almost never
- e. Never



7) During the past week, I did things like run, play sports, dance, walk, or ride my bike:

- a. Every day
- b. Almost every day
- c. Sometimes
- d. Almost never
- e. Never



4) During the past week, I ate different kinds of vegetables:

- a. Every day
- b. Almost every day
- c. Sometimes
- d. Almost never
- e. Never



Turn the page over for more questions



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Choose the best answer to each question. Circle **only one answer** for each question.

8) Which is the healthiest drink choice during the day when you are thirsty?

- a. 100% fruit juice
- b. Diet soda
- c. Water
- d. Whole milk
- e. Sports drink



9) What can we tell about food groups when we look at a picture of MyPlate?

- a. The number and names of the food groups
- b. That we can eat whatever we want
- c. The vitamins in each kind of food
- d. That water belongs in the Fruit group

10) One of these foods is not a dairy food. Which of these foods does **not** belong in the Dairy group?

- a. Yogurt
- b. White milk
- c. Cheese slices
- d. Eggs



11) Which of these snack choices is the healthiest option?

- a. Hot dog on a bun with fruit punch
- b. Whole grain crackers and fat free milk
- c. Pretzels and 100% fruit juice
- d. Frosted corn flakes with 2% milk

12) To be healthy, how long should children like you be active each day?

- a. 10 minutes
- b. 20 minutes
- c. 30 minutes
- d. 45 minutes
- e. 60 minutes



13) How old are you today?

_____ years old

Thank you for your answers!