

Script for 2011 Youth Evaluation Tool

Please fill out the group information at the top on your own, prior to the class. This will help streamline the process and ensure you don't lose any additional teaching time.

Good (morning, afternoon)! I'm going to give you this sheet to fill out about what you do and what you know. It is not a test – we just need to know all about you!

Do not put your name on this paper; that way, I don't know who gives what answer. I don't need to know, because I'm not grading you on this; I just want to know what people (or kids) like you do. I do need you to put your Student ID number at the top of the page on the line where it says "Student Number." [Point to the line to show them where it is, and pause a few seconds while they fill in the student number.] This is so I can match the one you fill out at the beginning to the one you fill out at the end, and it will not be used to know what answers came from which student.

Now we will fill this out together. Near the top, there is a "Part 1." Let's read Question 1: it says "Do you eat more than one kind of fruit each day?" Each day means every day. Please circle what you really do. If you eat more than one kind of fruit every day, for example you have a banana at breakfast and peaches with lunch, please circle "Yes." If you don't do that, or if you only do that some days, please circle "No." There is no right or wrong answer, so please tell me what you really do. [You may remark that juice can count as a serving of fruit, so drinking orange juice and eating an apple counts as two different kinds of fruits.]

Question 2 is a lot like Question 1, except it is asking about vegetables instead of fruits. So, do you eat more than one kind of vegetable every day? If you eat two or more vegetables in a day, like if you have green beans at lunch and carrots at dinner, circle "yes." If you only eat one vegetable each day or don't eat vegetables at all, or if you only sometimes eat two different vegetables in a day, circle "no."

Question 3 is a little different. It's still asking what you have done, but it has another part. It says "In the past week, did you try a food or foods you don't usually eat?" You need to circle yes or no, but there's another part, and we'll get to that in a minute. First, tell me what you do by circling either yes or no. Circle yes if you tasted something you either have never tried or if you ate or tasted something that you have tried in the past but you don't eat very much. Circle no if you haven't done that in the past week. If you circled "no," you are done with this question! If you circled yes, tell me what it was you tried by circling as many types of food as you tried – was it a fruit, a vegetable? If it was a pasta, cereal, roll, biscuit, cracker, or bread, circle "breads." If you tried a type of chicken, turkey, fish, steak, beef, or beans of any kind (except green beans, those go under "vegetables"), circle "meats/beans." If you tried a dairy product like any kind of milk, yogurt, or cheese, circle "Milk foods." And lastly, if you tried something like a tuna noodle casserole, lasagna, or other food that has two or more of these kinds of foods mixed together, choose "mixed dish."

Question 4 is back up at the top of the page on the right side. For questions 4 and 5, you will tell me how many times you drank or ate something yesterday. Question 4 asks, "Yesterday, did you drink any kind of milk? Count chocolate or other flavored milk, milk on cereal, or drinks made with milk." If you had no milk at all yesterday, circle "No, I didn't drink any milk yesterday." If you just had milk on your cereal or just had it to drink one time, circle, "Yes, I drank milk 1 time yesterday." If you had milk at least two different times yesterday, circle "Yes, I drank milk 2 times yesterday." And if you drank milk at least three different times yesterday, circle "Yes, I drank milk 3 times yesterday."

Question 5 is very similar, only it asks about eating beans instead of drinking milk. Green beans do not count for this question; please only include times when you ate other kinds of beans. So, if you had no beans yesterday, circle "No, I did not eat any beans yesterday." If you did eat beans, circle the option that says how many times yesterday you ate beans.

For Question 6, I need to know if you read the labels on the foods you eat. You don't have to read all labels, but if you read any at all, circle "Yes." If you don't read any, circle "No." A "label" on food is information you find on the box, bag, or wrapper that tells you about what's inside. This is not the name of the food, but instead tells you things like how many calories, how much fat, how much of the vitamins, or what ingredients are in it.

Question 7 asks "which food is NOT high in fiber." Please circle the one you think is the correct answer.

Question 8 asks "From which food group should you eat the most servings each day? Again, please circle the one you think is the correct answer. "Breads, cereals, rice, pasta" is also known as the grain group. Dairy products like milk, cheese and yogurt are the dairy group. "Fats, oils, sweets" are considered part of the "Oils" group on MyPyramid. Fruits are the fruit group. Meats, fish, poultry, beans, eggs nuts are the meat or protein group. And vegetables are the vegetable group. If you don't know the answer, please circle "I don't know."

In Question 9, which is again at the top of the page on the right, finish the sentence. It says "MyPyramid tells me about:" Circle the one you think is correct. You can choose from "the cost of different foods," "different kinds of food I can eat," or "how to cook the food I eat." Choose the one you think best finishes that sentence.

For Question 10, we're back to asking about what you do. It says, "Yesterday, how many hours did you watch TV or movies away from school?" Please tell me how long you watch television or movies, whether they were on your TV or computer. If you didn't watch TV at all, circle "I didn't watch TV yesterday." Most television programs or shows are half an hour long, but some are longer. Shows like SpongeBob Squarepants (insert whatever kids' show you like that's 30 minutes) are half an hour long. So, if you watched one or two shows, circle "1 hour," three or four shows circle "2 hours," five or six shows circle "3 hours." [you get the picture here]

On Question 11, again please tell me what you did. It asks, "On how many of the past 7 days did you exercise or take part in physical activity that made your heart beat fast and made you breathe hard for at least 20 minutes? Lots of things count as physical activity. Some examples are basketball, soccer,

running or jogging, fast dancing, swimming laps, tennis, fast bicycling, or other things like that. Even just playing with other kids can count if it made you breathe harder and made your heart beat fast. So circle how many days you did something for at least 20 minutes to make your heart beat fast and you breathe faster.

Part II only has one question, Question 12. For this, I want you to pretend that your dad left some foods sitting out on the table, and you need to put them where they belong until you can eat them tomorrow. There are four foods listed in the top row (leftover pizza, yogurt, cooked rice, and a raw potato). Draw ONE line from each food to where it needs to be stored, either the cabinet, the refrigerator, or the freezer, which are on the bottom row. If you think it can go into two places, pick the one you think is best. You don't have to use all of the storage places, and you may need to put two or more foods in the same storage place; that's okay. Just draw a line from each food to where you would put it until it's time to eat it.

Now everyone should be done. Please pass your papers to the front and I will collect them. Thank you very much for doing this!