

SNAP-Ed Behavior Survey – Teens

Please complete this survey to help us improve SNAP-Ed programming. Please be honest – there are no “right” or “wrong” answers. This survey will take about 10-15 minutes to complete. **Please answer each question for yourself only, not your entire family.** Circle the letter for the best answer to each question. Choose only **ONE** response for each question.

1. I use MyPlate to make healthy food choices.

- a. Never
- b. Rarely
- c. Sometimes
- d. Usually
- e. Always



4. I drink water instead of sugar-sweetened drinks.

- a. Never
- b. Rarely
- c. Sometimes
- d. Usually
- e. Always



2. I use food labels to make better choices.

- a. Never
- b. Rarely
- c. Sometimes
- d. Usually
- e. Always



5. I eat at least one kind of vegetable daily.

- a. Never
- b. Rarely
- c. Sometimes
- d. Usually
- e. Always



3. I use a smaller plate at meal time to help with portion control.

- a. Never
- b. Rarely
- c. Sometimes
- d. Usually
- e. Always



6. I eat at least one kind of fruit daily.

- a. Never
- b. Rarely
- c. Sometimes
- d. Usually
- e. Always



Turn page over for more questions.



7. I eat fruits and vegetables of different colors.

- a. Never
- b. Rarely
- c. Sometimes
- d. Usually
- e. Always



8. I eat plant-based protein foods like beans, lentils, soy, or nuts.

- a. Never
- b. Rarely
- c. Sometimes
- d. Usually
- e. Always



9. When I have dairy products like milk, cheese, yogurt, etc., I choose low fat or fat free options.

- a. Never
- b. Rarely
- c. Sometimes
- d. Usually
- e. Always



10. When I eat grain products like bread, pasta, rice, cereal, etc., I choose whole grain products.

- a. Never
- b. Rarely
- c. Sometimes
- d. Usually
- e. Always



11. When I eat meat like beef, pork, chicken, or seafood, I choose lean or low fat options.

- a. Never
- b. Rarely
- c. Sometimes
- d. Usually
- e. Always



12. I plan meals ahead of time.

- a. Never
- b. Rarely
- c. Sometimes
- d. Usually
- e. Always



13. I worry that my food might run out.

- a. Never
- b. Rarely
- c. Sometimes
- d. Usually
- e. Always



14. I make meals using mostly whole ingredients like vegetables, raw meats, rice, etc.

- a. Never
- b. Rarely
- c. Sometimes
- d. Usually
- e. Always



15. I am physically active for at least 30 minutes most days of the week.

- a. Never
- b. Rarely
- c. Sometimes
- d. Usually
- e. Always



16. List **one goal you will set** to improve your health and wellness because of this program.

Thank you for your responses!