

Harvest of the Month Survey

Fall 2006
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Prepared by

the Research and Evaluation Unit

of the *Network for a Healthy California*

Confidentiality information to be explained to students

We would like for you to complete this survey. You may skip questions you do not want to answer but we hope that you will answer all of them. Any information about who you are will be kept secret. We will not share your name or identification number. They will only be used for reports.

Student identification number _____

We want you to tell us what you know about healthful eating.
Please bubble your answer ●

1. Eating fruits and vegetables can help lower your chances of getting heart disease or cancer.

O True
O False
O Don't know

2. Fruits and vegetables that are high in Vitamin A are _____ in color.

O Red and white
O Blue and light brown
O Yellow-orange and dark green
O Brown and purple
O I don't know

3. Almost all fruits and vegetables contain a lot of vitamins and _____.

O Protein
O Fiber
O Cholesterol
O Fat
O Don't know

4. Which of the following fruits and vegetables are grown in California:

O Spinach
O Apples
O Pears
O All of the above

5. Fruits and vegetables, like apples and carrots, are best when eaten with the peel because that is where most of the fiber and antioxidants are.

O True
O False
O Don't know

6. How much do you like these fruits and vegetables? Please bubble your answer ●

	I do not like this 	I like this a little 	I like this a lot 	I don't know what this is 
Acorn Squash……..	O	O	O	O
Asparagus……	O	O	O	O
Avocados……..	O	O	O	O
Beets…….….	O	O	O	O
Broccoli……..	O	O	O	O
Cabbage……	O	O	O	O
Carrots……...	O	O	O	O
Cherries……	O	O	O	O
Cooked Greens……	O	O	O	O
Corn……	O	O	O	O
Dried Plum……	O	O	O	O
Grapefruit……..	O	O	O	O
Green Beans……	O	O	O	O
Mandarins (Tangerines)	O	O	O	O
Melons……...	O	O	O	O
Mushrooms……...	O	O	O	O
Peas……...	O	O	O	O
Peppers……	O	O	O	O
Persimmons……..	O	O	O	O
Plums……	O	O	O	O
Potatoes……	O	O	O	O
Pumpkins……..	O	O	O	O
Radishes……	O	O	O	O
Salad Greens……	O	O	O	O
Spinach……..….	O	O	O	O
Sweet Potatoes……	O	O	O	O
Tomatoes……..	O	O	O	O

Zucchini……	O	O	O	O

	Please bubble your answer ●				
7. For breakfast, I think I can…	**I disagree very much** 	**I disagree a little** 	**I am not sure** 	**I agree a little** 	**I agree very much** 
A. drink a glass of my favorite juice	O	O	O	O	O
B. add fruit to my cereal	O	O	O	O	O
8. For lunch at school, I think I can…	**I disagree very much** 	**I disagree a little** 	**I am not sure** 	**I agree a little** 	**I agree very much** 
A. eat a vegetable that's served	O	O	O	O	O
B. eat a fruit that's served	O	O	O	O	O
9. For lunch at home I think I can…	**I disagree very much** 	**I disagree a little** 	**I am not sure** 	**I agree a little** 	**I agree very much** 
A. eat carrot or celery sticks instead of chips	O	O	O	O	O
B. eat my favorite fruit instead of my usual dessert	O	O	O	O	O
10. For a snack I think I can choose…	**I disagree very much** 	**I disagree a little** 	**I am not sure** 	**I agree a little** 	**I agree very much** 
A. my favorite fruit instead of my favorite cookie	O	O	O	O	O
B. my favorite fruit instead of my favorite candy bar	O	O	O	O	O
C. my favorite raw vegetable instead of my favorite cookie	O	O	O	O	O
D. my favorite raw vegetable instead of my favorite candy bar	O	O	O	O	O

E. my favorite raw vegetable instead of chips	O	O	O	O	O

11. For dinner I think I can….	I disagree very much 	I disagree a little 	I am not sure 	I agree a little 	I agree very much 
A. eat a serving of vegetables	O	O	O	O	O
B. eat my favorite fruit instead of my usual dessert	O	O	O	O	O

12. Yesterday, did you drink fruit juice? Fruit juice is a drink, which is 100% juice, like orange juice, apple juice, or grape juice. *Do not count* punch, sports drinks, or other fruit-flavored drinks.

O No, I didn't drink any fruit juice yesterday.
O Yes, I drank fruit juice 1 time yesterday.
O Yes, I drank fruit juice 2 times yesterday.
O Yes, I drank fruit juice 3 times yesterday.
O Yes, I drank fruit juice 4 times yesterday.
O Yes, I drank fruit juice 5 or more times yesterday.

13. Yesterday, did you eat fruit? Include fresh, frozen, dried or canned. *Do not count* fruit juice.

O No, I didn't eat any fruit yesterday.
O Yes, I ate fruit 1 time yesterday.
O Yes, I ate fruit 2 times yesterday.
O Yes, I ate fruit 3 times yesterday.
O Yes, I ate fruit 4 times yesterday.
O Yes, I ate fruit 5 or more times yesterday.

14. Yesterday, did you eat any vegetables? Vegetables are all cooked and uncooked vegetables; salads; and boiled, baked and mashed potatoes. *Do not count* French fries or chips.



O No, I didn't eat any vegetables yesterday.
O Yes, I ate vegetables 1 time yesterday.
O Yes, I ate vegetables 2 times yesterday.
O Yes, I ate vegetables 3 times yesterday.
O Yes, I ate vegetables 4 times yesterday.
O Yes, I ate vegetables 5 or more times yesterday.

15. How old are you? _____
Years

16. Are you O Boy
O Girl

17. How do you describe yourself? (You may fill-out more than one)

O Latino, Hispanic
O Black, African American
O White
O American Indian, Alaskan Native
O Asian, Pacific Islander
O Other

This material was produced by the California Department of Public Health's *Network for a Healthy California* with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.