



Harvest of the Month

Harvest of the Month Survey

Fall 2006
Revised Spring 2013

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.

- True
- False
- Don't know

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

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

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

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





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

- Spinach
- Apples
- Pears
- 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.

- True
- False
- 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.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asparagus.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avocados.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beets.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Broccoli.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cabbage.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carrots.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cherries.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cooked Greens.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Corn.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dried Plum.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grapefruit.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Green Beans.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mandarins (Tangerines)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Melons.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mushrooms.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peas.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peppers.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Persimmons.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Plums.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Potatoes.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pumpkins.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Radishes.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salad Greens.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spinach.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweet Potatoes.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tomatoes.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

E. my favorite raw vegetable instead of chips	○	○	○	○	○
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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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B. eat my favorite fruit instead of my usual dessert	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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.

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

- No, I didn't eat any fruit yesterday.
- Yes, I ate fruit 1 time yesterday.
- Yes, I ate fruit 2 times yesterday.
- Yes, I ate fruit 3 times yesterday.
- Yes, I ate fruit 4 times yesterday.
- 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.



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

15. How old are you? _____
Years

16. Are you Boy
 Girl

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

- Latino, Hispanic
- Black, African American
- White
- American Indian, Alaskan Native
- Asian, Pacific Islander
- 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.