# 3rd-5th Grade EFNEP Survey

**Youth Name:** _____________________________    **Date:** _______________    **Grade:** _________

1. **In the past week, I drank fruit-flavored drinks or sports drinks ...**
   - (1) Never
   - (2) 1-3 days
   - (3) 4-6 days
   - (4) About once a day
   - (5) 2 or more times a day

2. **In the past week, I drank soda or pop ...**
   - (1) Never
   - (2) 1-3 days
   - (3) 4-6 days
   - (4) About once a day
   - (5) 2 or more times a day

3. **In the past week, I ate vegetables ...**
   - (1) Never
   - (2) 1-3 days
   - (3) 4-6 days
   - (4) About once a day
   - (5) 2 or more times a day

4. **In the past week, I ate vegetables as a snack ...**
   - (1) Never
   - (2) 1-3 days
   - (3) 4-6 days
   - (4) About once a day
   - (5) 2 or more times a day
<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
<th>Code Example</th>
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<tbody>
<tr>
<td>5. In the past week, I ate fruit as a snack ...</td>
<td>○ (1) Never &lt;br&gt; ○ (2) 1-3 days &lt;br&gt; ○ (3) 4-6 days &lt;br&gt; ○ (4) About once a day &lt;br&gt; ○ (5) 2 or more times a day</td>
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<td>6. In the past week, I ate vegetables at lunch ...</td>
<td>○ (1) Never &lt;br&gt; ○ (2) 1-3 days &lt;br&gt; ○ (3) 4-6 days &lt;br&gt; ○ (4) Every day</td>
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<td>7. When I am offered a new food, I will try it ...</td>
<td>○ (1) Never or almost never &lt;br&gt; ○ (2) Sometimes &lt;br&gt; ○ (3) Most of the time &lt;br&gt; ○ (4) Always or almost always</td>
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<td>8. I read Nutrition Facts labels ...</td>
<td>○ (1) Never or almost never &lt;br&gt; ○ (2) Sometimes &lt;br&gt; ○ (3) Most of the time &lt;br&gt; ○ (4) Always or almost always</td>
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<td>9. I wash fruits and vegetables before I eat them ...</td>
<td>○ (1) Never or almost never &lt;br&gt; ○ (2) Sometimes &lt;br&gt; ○ (3) Most of the time &lt;br&gt; ○ (4) Always or almost always &lt;br&gt; ○ (N/A) Someone else does this for me</td>
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10. When I make myself something to eat, I put cold foods back in the refrigerator right away ...

- (1) Never or almost never
- (2) Sometimes
- (3) Most of the time
- (4) Always or almost always
- (N/A) Someone else does this for me

11. Before I eat or touch food, I wash my hands with warm water and soap for at least 20 seconds ...

- (1) Never or almost never
- (2) Sometimes
- (3) Most of the time
- (4) Always or almost always

12. In the past week, I did physical activities ...

- (1) Not at all
- (2) 1-2 days
- (3) 3-4 days (or some days)
- (4) 5-6 days (or most days)
- (5) 7 days (every day)

13. In the past week, for how long did you usually do physical activities?

- (1) Less than 15 minutes a day
- (2) About 15 minutes a day
- (3) About 30 minutes a day
- (4) About an hour a day
- (5) More than an hour a day

14. In the past week, when I was not doing homework, I used a computer, TV, smartphone, tablet or played video games ...

- (1) Less than 1 hour a day
- (2) 1-2 hours a day
- (3) 3-4 hours a day
- (4) 5-6 hours a day
- (5) 7 or more hours a day
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<tr>
<th>For County Staff Use:</th>
<th>For LRSO Staff Use:</th>
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<tbody>
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<td>P.A. Name:</td>
<td>Youth Group ID#:</td>
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<td></td>
<td>Individual Youth ID#:</td>
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