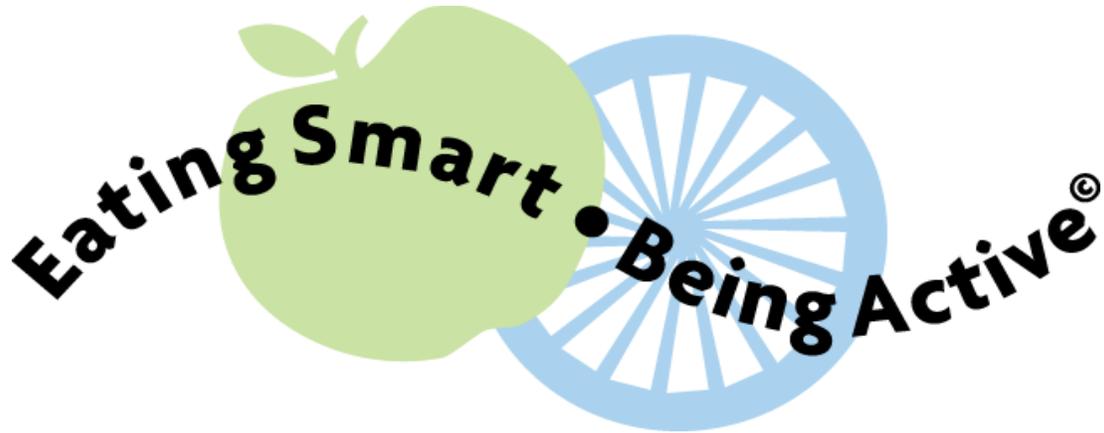


*Thanks for participating in*



*As we come to a close,  
we'd like to revisit a few of  
those questions we asked you  
when we began...*



Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( \_\_\_\_ ) \_\_\_\_\_

**Youth Exit Form - For EFNEP Educator's use only:**

Educator Name/County: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Comments: \_\_\_\_\_

Group Name (from Youth Group Registration Form): \_\_\_\_\_

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July 2018



United States Department of Agriculture  
National Institute of Food and Agriculture



**EFNEP**  
**COLORADO STATE UNIVERSITY**  
**EXTENSION**

*This is not a test and there are no wrong answers. These are questions about ways you plan and fix food.*

**Circle the response that best describes how you usually do things.**

The first 4 questions ask about food you ate or drank. Circle the answer that best describes you.

	0	1	2	3	4
1) <b>Yesterday, how many times did you eat vegetables, not counting French fries? Include cooked vegetables, canned vegetables, and salads. If you ate 2 or more different vegetables in a meal or snack, count each of them in your total number of times.</b>	None	1 time	2 times	3 times	4+ times
2) <b>Yesterday, how many times did you eat fruit, not counting juice? Include fresh, frozen, canned, and dried fruits. If you ate 2 or more different fruits in a meal or snack, count each of them in your total number of times.</b>	None	1 time	2 times	3 times	4+ times
3) <b>Yesterday, how many times did you drink nonfat or 1% low-fat milk? Include low-fat chocolate or flavored milk, and low-fat milk on cereal.</b>	None	1 time	2 times	3 times	4+ times
4) <b>Yesterday, how many times did you drink sweetened drinks like soda, fruit-flavored drinks, sports drinks, energy drinks, and vitamin water? Do not include 100% fruit juice.</b>	None	1 time	2 times	3 times	

The next 2 questions are about how often you choose certain foods. Circle the answer that best describes you.

	1	2	3	4	5
5) <b>When you eat grain products, how often do you eat whole grains, like brown rice instead of white rice, whole grain bread instead of white bread, and whole grain cereals?</b>	Never	Once in a while	Sometimes	Most of the time	Always
6) <b>When you eat out at a restaurant or fast food place, how often do you make healthy choices when deciding what to eat?</b>	Never	Once in a while	Sometimes	Most of the time	Always

The next 3 questions are about physical activity. Circle the answer that best describes you.

	0	1	2	3	4	5	6	7
7) During the past 7 days, how many days were you physically active for at least 1 hour?	0 days	1 day	2 days	3 days	4 days	5 days	6 days	7 days

	1	2	3	4	5
8) During the past 7 days, how often were you so active that your heart beat fast and you breathed hard most of the time?	Never	1 time last week	2 times last week	3 times last week	4 or more times last week
9) How many hours a day do you spend watching TV or movies, playing electronic games, or using a computer for something that is not school work?	1 hour or less	2 hours	3 hours	4 hours	5 or more hours

The next 5 questions ask about how you handle food. Circle the answer that best describes you.

	1	2	3	4	5
10) How often do you wash your hands before preparing something to eat? Think about preparing snacks or meals.	Never	Once in a while	Sometimes	Most of the time	Always
11) How often do you wash vegetables and fruits before eating them?	Never	Once in a while	Sometimes	Most of the time	Always
12) When you take foods out of the refrigerator, how often do you put them back within 2 hours?	Never	Once in a while	Sometimes	Most of the time	Always
13) How often do you check the expiration date before eating or drinking foods?	Never	Once in a while	Sometimes	Most of the time	Always

	0	1	2	3	4	5
14) In the last month, when your family did not have enough money for food, how often did you help by using store coupons, going to a food pantry, or finding other free- or low-cost food resources?	Does not apply	Never	1 time	2 times	3 times	4 or more times