

LEAF Grant Food and Fitness Pre-Survey Carpinteria Middle School

Your honest answers to this survey will help the Nutrition and Physical Fitness Leadership team to evaluate the current eating and fitness habits and awareness of the students and staff at CMS. This is a confidential survey. Please respond to the answers that are most accurate. Thank-you!

GENERAL

1. I am a
a) Student b) Staff Member
2. I am a (students only)
a) Boy b) Girl
3. I am in grade (Students only)
a) 6 b) 7 c) 8

FOOD CHOICES

4. Do you normally eat breakfast?
a) Yes b) No
5. At what time do have your first food during a normal weekday?
a) Before school
b) Between the beginning of school and nutrition break
c) During nutrition break
d) At lunch
e) After lunch
6. What type of food do you eat first? (check all that apply)
a) Protein (eggs, sausage, bacon, etc.)
b) Dairy (milk, yogurt, cheese, cottage cheese, etc.) – include milk on your cereal
c) Fruits, fruit juices, and/or vegetables
d) Coffee, tea, hot chocolate
e) Grains (bread, cereal, bagels, etc.)
f) Sweets or fried food (doughnuts, candy, soda, etc.)
7. How much water do you generally drink per day?
a) None b) 1-2 glasses c) 3-4 glasses d) More than 4 glasses
8. How much milk do you generally drink per day?
a) None b) 1 glass c) 2 glasses d) More than 2 glasses

9. How much coffee do you generally drink per day?
 a) None b) 1 cup c) 2 cups d) More than 2 cups
10. How much soda (either diet or non-diet) do you generally drink per week?
 a) None
 b) 1-2 cans
 c) 3-4 cans
 d) About 1 can per day
 e) 2-3 cans per day
 f) More than 3 cans per day
11. What type of soda do you generally drink?
 a) Regular b) Diet c) I don't drink soda
12. How many pieces of fruit do you generally eat per day?
 a) None b) 1-2 c) 3-4 d) More than 4
13. How many servings of vegetables do you eat per day?
 a) None b) 1-2 c) 3-4 d) More than 4
14. How many servings of proteins (meat, beans, cheese, etc.) do you generally eat per day?
 a) None b) 1 c) 2 d) More than 2 e) I don't know
15. How often do you eat fried food (i.e. chips, French fries, etc.)?
 a) Never or rarely b) 1-4 times per week c) Nearly every day d) Several times per day
16. How often do you eat greasy food (i.e. pizza, buttered popcorn, etc.)?
 a) Never or rarely b) 1-4 times per week c) Nearly every day d) Several times per day
17. How often do you eat candy or other sweets, including ice cream?
 a) Never or rarely b) 1-4 times per week c) Nearly every day d) Several times per day
18. Do you go off campus for lunch?
 a) Yes, everyday b) Yes, occasionally c) Not often or never
19. If you go off campus, to which of these restaurants do you usually go? (Check all that apply)
 a) MacDonalds b) Taco Bell c) Uncle Chens d) Subway e) Stir Crazy Coffee f) Hugos
20. What do you normally eat for lunch? (check all that apply)
 a) Protein (meat, beans, tofu, etc.)
 b) Dairy (milk, cheese, cottage cheese, etc.)
 c) Fruits, fruit juices, and/or vegetables
 d) Grains (bread, tortillas, rice, pasta, etc.)
 e) Sweets, greasy, or fried food (pizza, French fries, candy, soda, etc.)
 f) My first meal of the day is lunch, and I already answered this question; or I don't eat lunch

21. Do you ever go to the farmer's market?
- a) Never or less than once per year
 - b) Rarely or 5-6 times per year
 - c) Occasionally (around once per month)
 - d) Often (several times per month)
 - e) I don't know what a farmer's market is
22. Do you garden (either flowers or edibles)?
- a) Never
 - b) Rarely
 - c) Occasionally
 - d) A lot

FITNESS AND ACTIVITY

23. How many hours per day do you watch TV on average?
- a) Less than one
 - b) 1-2
 - c) 2-3
 - d) More than 3
24. How much time do you spend walking each day?
- a) I rarely walk
 - b) Less than 30 minutes
 - c) 30-60 minutes
 - d) More than 1 hour
25. Do you participate in aerobic exercise (bicycling, running, dancing, swimming, etc.)?
- a) Rarely
 - b) 1-2 times per week
 - c) 3-4 times per week
 - d) Nearly every day
 - e) I don't know what aerobic means
26. How long do you spend doing aerobic exercise each time?
- a) I rarely do aerobic exercise or I don't know what aerobic means
 - b) Less than 20 minutes
 - c) 20-40 minutes
 - d) 40 minutes to an hour
 - e) More than 1 hour
27. Do you do other sports regularly (at least once per week for several weeks at a time)?
- a) Yes
 - b) No
28. If you answered yes to #25, what sports do you do? (Check all that apply)
- a) Team ball sports (football, basketball, volleyball, soccer, etc)
 - b) Individual ball sports (tennis, racquetball, etc.)
 - c) Full body muscle development sports (weight training, gymnastics, karate, rock climbing, etc.)
 - d) Upper body muscle development sports (kayaking, surfing, etc.)
 - e) Lower body muscle development sports (snowboarding, skiing, etc.)
 - f) Extreme sports (scuba diving, sky diving, etc.)

29. How is your body weight?
- a) I am definitely underweight
 - b) I am slightly underweight
 - c) I am about average
 - d) I am slightly overweight
 - e) I am definitely overweight
30. How physically strong do you feel for your size and age?
- a) Not at all strong
 - b) Average strength
 - c) Very strong
 - d) I don't know
31. How fit do you think you are for your age?
- a) Not at all fit
 - b) Average fitness
 - c) Very fit
 - d) I don't know
32. Do you usually stretch during the day?
- a) Never
 - b) For 10 minutes or less
 - c) For 10 – 20 minutes
 - d) For more than 20 minutes
33. If you are a student, do you usually participate in PE class?
- a) No, I am on independent PE
 - b) No, I am on medical release
 - c) As little as possible
 - d) About as much as most students
 - e) I give my best effort in PE class
34. Do you have diabetes?
- a) Yes, I take insulin to control it
 - b) Yes, but it's diet controlled
 - c) No
 - d) I don't know
 - e) I don't know what diabetes is