



**CATCH KIDS CLUB
AFTER-SCHOOL STUDENT QUESTIONNAIRE**

The following questions ask about foods and meals you eat, and what you know about nutrition and physical activity. **This is not a test.** We want to learn about what kids your age eat and know about nutrition and about physical activity.

The answers you give will be kept private. No one will ever know what you say unless you tell them. Your name will never be used.

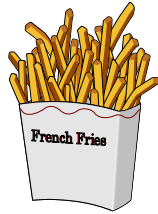
Please be as honest as you can.

You will receive a password to write down. Please write the password here:

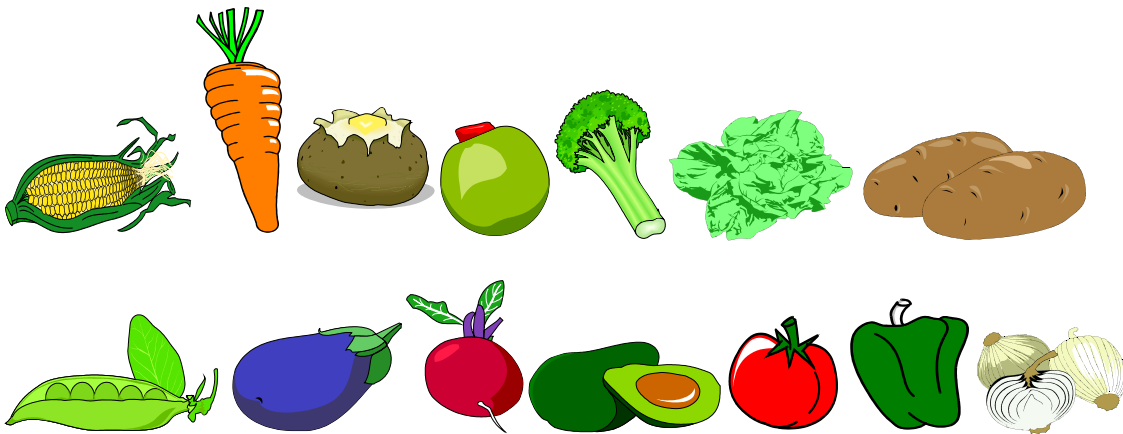
Password: _____

INSTRUCTIONS: Please CIRCLE your answer.

5. **Yesterday, did you eat French fries or chips?**
Chips are potato chips, tortilla chips, cheetos, corn chips, or other snack chips.



- a. No, I didn't eat any French fries or chips yesterday.
b. Yes, I ate French fries or chips **1 time** yesterday.
c. Yes, I ate French fries or chips **2 times** yesterday.
d. Yes, I ate French fries or chips **3 or more times** yesterday.
6. **Yesterday, did you eat any vegetables?**
***Vegetables* are salads; boiled, baked and mashed potatoes; and all cooked and uncooked vegetables.**
Do not count French fries or chips.

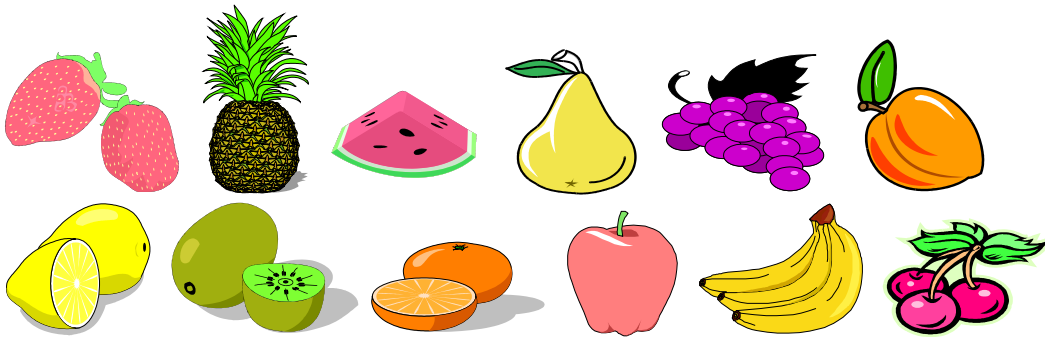


- a. No, I didn't eat any vegetables yesterday.
b. Yes, I ate vegetables **1 time** yesterday.
c. Yes, I ate vegetables **2 times** yesterday.
d. Yes, I ate vegetables **3 or more times** yesterday.

7. **Yesterday, did you eat beans such as pinto beans, baked beans, kidney beans, refried beans, or pork and beans?**
Do not count green beans.



- a. No, I didn't eat any beans yesterday.
b. Yes, I ate beans **1 time** yesterday.
c. Yes, I ate beans **2 times** yesterday.
d. Yes, I ate beans **3 or more times** yesterday.
8. **Yesterday, did you eat fruit?**
Do not count fruit juice.



- a. No, I didn't eat any fruit yesterday.
b. Yes, I ate fruit **1 time** yesterday.
c. Yes, I ate fruit **2 times** yesterday.
d. Yes, I ate fruit **3 or more times** yesterday.

9. Yesterday, did you drink fruit juice?

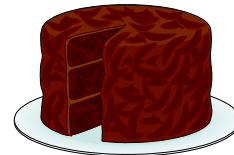
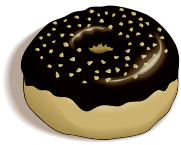
Fruit juice is a drink, which is 100% juice, like orange juice, apple juice, or grape juice.

Do not count punch, kool-aid, sports drinks, and other fruit-flavored drinks.



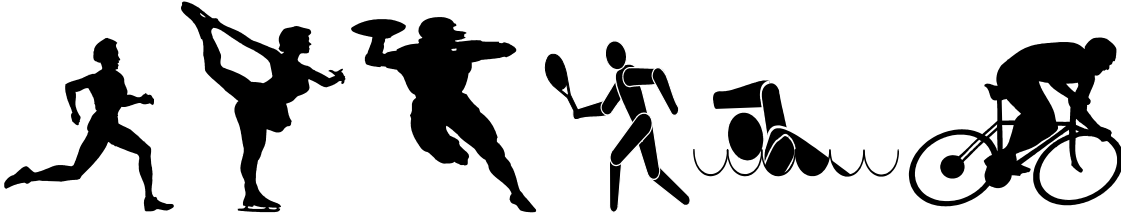
- a. No, I didn't drink any fruit juice yesterday.
- b. Yes, I drank fruit juice **1 time** yesterday.
- c. Yes, I drank fruit juice **2 times** yesterday.
- d. Yes, I drank fruit juice **3 or more times** yesterday.

10. Yesterday, did you eat sweet rolls, doughnuts, cookies, brownies, pies, or cake?



- a. No, I didn't eat any of the foods listed above yesterday.
- b. Yes, I ate one of these foods **1 time** yesterday.
- c. Yes, I ate one of these foods **2 times** yesterday.
- d. Yes, I ate one of these foods **3 or more times** yesterday.

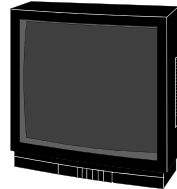
11. Yesterday, did you exercise or participate in sports activities that made your heart beat fast and made you breathe hard for at least 20 minutes. (For example: basketball, jogging, skating, fast dancing, swimming laps, tennis, fast bicycling, or aerobics)?



- a. YES
- b. NO

12. During the week, how many hours per day do you usually spend watching TV shows or videos?

- a. I don't watch TV or videos
- b. Less than 1 hour a day
- c. 1-2 hours a day
- d. 3-4 hours a day
- e. More than 4 hours a day

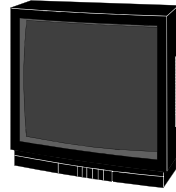


13. During the week, how many TV shows or videos do you usually watch each day?

- a. I don't watch TV or videos
- b. 1
- c. 2
- d. 3 or more

14. During the weekend, how many hours per day do you usually spend watching TV shows or videos?

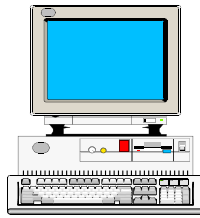
- a. I don't watch TV or videos
- b. Less than 1 hour a day
- c. 1-2 hours a day
- d. 3-4 hours a day
- e. More than 4 hours a day



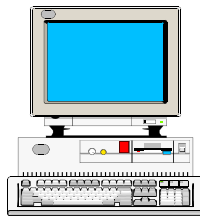
15. During the weekend, how many TV shows or videos do you usually watch each day?

- a. I don't watch TV or videos
- b. 1
- c. 2
- d. 3 or more

16. During the week, how many hours per day do you usually play video games like Nintendo, Sega, games at the arcade, or use the computer to surf the Internet?



- a. I don't play video games or use the computer
 - b. Less than 1 hour a day
 - c. 1-2 hours a day
 - d. 3-4 hours a day
 - e. More than 4 hours a day
17. During the weekend, how many hours per day do you usually play video games like Nintendo, Sega, games at the arcade, or use the computer to surf the Internet?



- a. I don't play video games or use the computer
- b. Less than 1 hour a day
- c. 1-2 hours a day
- d. 3-4 hours a day
- e. More than 4 hours a day

- 18. Do you ever read the nutrition labels on food packages?**
- a. Almost always or always
 - b. Sometimes
 - c. Almost never or never
- 19. How many total servings of fruits and vegetables should you eat each day.**
- a. At least 2
 - b. At least 5
 - c. At least 9
 - d. At least 10
 - e. I don't know
- 20. The foods that I eat and drink now are healthy.**
- a. Yes, all of the time
 - b. Yes, sometimes
 - c. No
- 21. Do you ever eat high fiber cereal?**
- a. Almost always or always
 - b. Sometimes
 - c. Almost never or never
- 22. Do you ever eat whole wheat bread?**
- a. Almost always or always
 - b. Sometimes
 - c. Almost never or never
- 23. Do you ever drink 100% fruit juice?**
- a. Almost always or always
 - b. Sometimes
 - c. Almost never or never

24. Do you ever eat fruit for lunch?

- a. Almost always or always
- b. Sometimes
- c. Almost never or never

25. Do you ever eat vegetables for dinner?

- a. Almost always or always
- b. Sometimes
- c. Almost never or never

INSTRUCTIONS: Please CIRCLE one of the two foods that you would pick if you had to choose just one.

26. If you were at the movies, which one would you pick as a snack?



a. popcorn with butter



b. popcorn without butter

27. Which would you pick to drink?



a. regular milk



b. low fat or skim milk

28. Which food would you eat for a snack?



a. candy bar



b. fresh fruit

29. Which would you do if you were going to eat a piece of chicken?



a. leave on the skin



b. take off the skin and not eat the skin

30. Which food would you ask for?

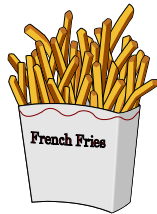


a. frozen yogurt



b. ice cream

31. Which would you choose to cook if you were going to help make dinner at home?

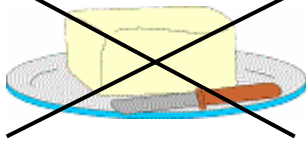


a. French fries

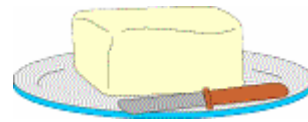


b. baked potato

32. Which would you do if you were going to eat cooked vegetables?



a. eat without butter

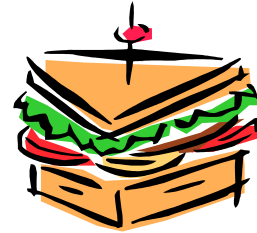


b. add butter

33. Which would you order if you were going to eat at a fast food restaurant?



a. a regular hamburger



b. a grilled chicken sandwich

INSTRUCTIONS: The questions in this section ask how likely you are to eat some of the foods below. Please answer by circling either **NOT LIKELY**, **LIKELY** or **VERY LIKELY** for each question.

34. How likely are you to drink low fat or skim milk instead of regular white milk?

- a. Not likely
- b. Likely
- c. Very likely

35. How likely are you to eat high fiber cereal instead of a donut?

- a. Not likely
- b. Likely
- c. Very likely

36. How likely are you to eat fresh fruit instead of a candy bar?

- a. Not likely
- b. Likely
- c. Very likely

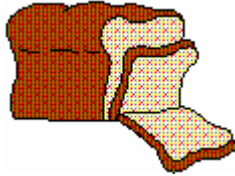
37. How likely are you to take the skin off of chicken (and not eat the skin)?

- a. Not likely
- b. Likely
- c. Very likely

- 38. How likely are you to ask for frozen yogurt instead of ice cream?**
- a. Not likely
 - b. Likely
 - c. Very likely
- 39. How likely are you to eat a baked potato instead of French fries?**
- a. Not likely
 - b. Likely
 - c. Very likely
- 40. How likely are you to drink fruit juice instead of a soft drink (a soda pop)?**
- a. Not likely
 - b. Likely
 - c. Very likely
- 41. How likely are you to order a grilled chicken sandwich at a fast food restaurant instead of ordering a hamburger?**
- a. Not likely
 - b. Likely
 - c. Very likely

INSTRUCTIONS: Please CIRCLE ONE of the two foods that you think is better for your health.

42.



a. whole wheat bread



b. white bread

43.



a. broiled beef



b. broiled fish

44.



a. cereal

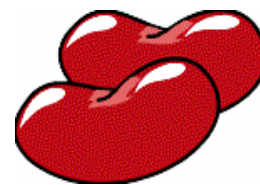


b. eggs and bacon

45.



a. beef



b. beans

46.



a. chicken

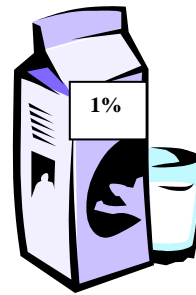


b. regular hamburger

47.



a. regular milk



b. low fat or skim milk

48.



a. frozen yogurt

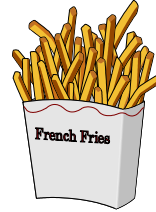


b. ice cream

49.

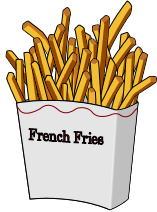


a. green salad



b. French fries

50.



a. French fries



b. baked potato

51.



a. 100% fruit juice



b. fruit punch

INSTRUCTIONS: The questions in this section ask how likely you are to be physically active or eat certain foods. Please answer by circling either NOT LIKELY, LIKELY or VERY LIKELY for each question.

52. How likely are you to be physically active 3-5 times a week?

- a. Not likely
- b. Likely
- c. Very likely

53. How likely you to exercise and keep moving for most of the time in your after school program?

- a. Not likely
- b. Likely
- c. Very likely

54. How likely are you to run or bike 3-5 times a week?

- a. Not likely
- b. Likely
- c. Very likely

55. How likely are you to keep up a steady pace without stopping for 15-20 minutes when you are physically active?

- a. Not likely
- b. Likely
- c. Very likely

Thank you for your help!