



## Food & Physical Activity Questionnaire

Please circle/mark the response that best describes how you usually do things.

Participant's Name: \_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_

1. How many times a day do you eat fruit?  
 Examples of fruits are apples, bananas, oranges, grapes, raisins, melon and berries. Include fresh frozen, dried, or canned fruit. *Do not include juice*
  - (1) I rarely eat fruit
  - (2) Less than 1 time a day (a couple times a week)
  - (3) 1 time a day
  - (4) 2 times a day
  - (5) 3 times a day
  - (6) 4 or more times a day
2. How many times a day do you eat vegetables?  
 Examples of vegetables are green salad, corn, green beans, carrots, potatoes, greens, and squash. Include fresh, canned, and frozen vegetables. *Do not count French fries, potato chips or rice.*
  - (1) I rarely eat vegetables
  - (2) Less than 1 time a day (a couple times a week)
  - (3) 1 time a day
  - (4) 2 times a day
  - (5) 3 times a day
  - (6) 4 or more times a day
3. Over the last week, how many days did you eat red and orange vegetables? Examples of red or orange vegetables are tomatoes, red peppers, carrots, sweet potatoes, winter squash, and pumpkin.
  - (1) I did not eat red and orange vegetables
  - (2) 1 day a week
  - (3) 2 days a week
  - (4) 3 days a week
  - (5) 4 days a week
  - (6) 5 days a week
  - (7) 6 or 7 days a week
4. Over the last week, how many days did you eat dark green vegetables? Examples of dark green vegetables are broccoli, spinach, dark green lettuce, turnip greens, or mustard greens.
  - (1) I did not eat dark green vegetables
  - (2) 1 day a week                      (5) 4 days a week
  - (3) 2 days a week                    (6) 5 days a week
  - (4) 3 days a week                    (7) 6 or 7 days a week
5. How often do you drink regular sodas (not diet)?
  - (1) Never                                (5) 2 times a day
  - (2) 1-3 times a week                (6) 3 times a day
  - (3) 4-6 times a week                (7) 4 or more times a day
  - (4) 1 time a day
6. How often do you drink fruit punch, fruit drinks, sweet tea or sports drinks?
  - (1) Never                                (6) 3 times a day
  - (2) 1 -3 times a week                (7) 4 or more times a day
  - (3) 4 -6 times a week
  - (4) 1 time a day
  - (5) 2 times a day
7. In the past week, how many days did you exercise for at least 30 minutes? This includes things like jogging, playing soccer, and doing fitness or dance classes, or exercise videos. This 30 minutes could be all at once or 10 minutes or more at a time. Do not count housework, taking care of your kids, or walking from place to place.
  - (1) 0 days                                (5) 4 days
  - (2) 1 day                                 (6) 5 days
  - (3) 2 days                                (7) 6 days
  - (4) 3 days                                (8) 7 days
8. In the past week, how many days did you do workouts to build and strengthen your muscles? This includes things like lifting weights and doing push-ups or sit-ups or planks.
  - (1) 0 days                                (5) 4 days
  - (2) 1 day                                 (6) 5 days
  - (3) 2 days                                (7) 6 days
  - (4) 3 days                                (8) 7 days
9. How often do you make small changes on purpose to be more active? This includes things like walking instead of driving, getting off the bus one stop early, doing a few minute of exercise, or moving around instead of sitting while watching TV.
  - (1) Never
  - (2) Rarely (about 20% of the time)
  - (3) Sometimes (about 40% of the time)
  - (4) Often (about 60% of the time)
  - (5) Usually ( about 80% of the time)
10. How often do you wash your hands with soap and running water before preparing food?
  - (1) Never
  - (2) Rarely (about 20% of the time)
  - (3) Sometimes (about 40 % of the time)
  - (4) Often (about 60% of the time)
  - (5) Usually (about 80% of the time)
  - (6) Always

11. After cutting raw meat or seafood, how often do you wash all times and surfaces that came in to contact with these food?
  - (1) Never
  - (2) Rarely (about 20% of the time)
  - (3) Sometimes (about 40% of the time)
  - (4) Often (about 60% of the time)
  - (5) Usually (about 80% of the time)
  - (6) Always
12. How often do you thaw frozen food on the counter or in the sink at room temperature?
  - (1) Never
  - (2) Rarely (about 20% of the time)
  - (3) Sometimes (about 40% of the time)
  - (4) Often (about 60% of the time)
  - (5) Usually (about 80% of the time)
  - (6) Always
13. How often do you use a meat thermometer to see if meat is cooked to a safe temperature?
  - (1) Never
  - (2) Rarely (about 20% of the time)
  - (3) Sometimes (about 40% of the time)
  - (4) Often (about 60% of the time)
  - (5) Usually (about 80% of the time)
  - (6) Always
14. In the past month, how often did you eat less than you wanted so there was more food for your family?
  - (1) Never
  - (2) Rarely (about 20% of the time)
  - (3) Sometimes (about 40% of the time)
  - (4) Often (about 60% of the time)
  - (5) Usually (80% of the time)
  - (6) Always
15. In the past month, how often did you not have money or another way to get enough food for your family (such as SNAP, WIC or a food pantry)? How many days a week do you cook dinner (your main meal) at home?
  - (1) Never
  - (2) Rarely (about 20% of the time)
  - (3) Sometimes (about 40% of the time)
  - (4) Often (about 60% of the time)
  - (5) Usually (80% of the time)
  - (6) Always
16. How many days a week do you cook dinner (your main meal) at home?
  - (1) I rarely cook dinner at home
  - (2) 1 day a week
  - (3) 2 days a week
  - (4) 3 days a week
  - (5) 4 days a week
  - (6) 5 days a week
  - (7) 6 or 7 days a week
17. How often do you compare food prices to save money?
  - (1) Never
  - (2) Rarely (about 20% of the time)
  - (3) Sometimes (about 40% of the time)
  - (4) Often (about 60% of the time)
  - (5) Usually (about 80% of the time)
  - (6) Always
18. How often do you plan your meals before you shop for groceries?
  - (1) Never
  - (2) Rarely (about 20% of the time)
  - (3) Sometimes (about 40% of the time)
  - (4) Often (about 60% of the time)
  - (5) Usually (about 80% of the time)
  - (6) Always
19. How often do you look in the refrigerator or cupboard to see what you need before you go shopping?
  - (1) Never
  - (2) Rarely (about 20% of the time)
  - (3) Sometimes (about 40% of the time)
  - (4) Often (about 60% of the time)
  - (5) Usually (about 80% of the time)
  - (6) Always
20. How often do you make a list before going shopping?
  - (1) Never
  - (2) Rarely (about 20% of the time)
  - (3) Sometimes (about 40% of the time)
  - (4) Often (about 60% of the time)
  - (5) Usually (about 80% of the time)
  - (6) Always

**Shaded Areas for Office Use ONLY**

PA's Name: \_\_\_\_\_

PA's Custom ID: \_\_\_\_\_

WebNEERS' Date: \_\_\_\_\_

Participant's Custom ID: \_\_\_\_\_

Entry  Exit

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