

## 5-8 Student Survey (Long Survey)

**Directions:** The following questions are about what students your age eat, what they know about nutrition, and their physical activity (exercise). Read each question carefully and pick the answer that is true for you. Mark your answer on the survey as shown in the example below. **This is not a test, and there are no right or wrong answers. Your answers will be kept private.**

**Example:**

*How many vegetables did you eat yesterday?*

- a. *I didn't eat any vegetables yesterday.*
- b. *I ate **one** vegetable yesterday.*
- c. *I ate **two** vegetables yesterday.*
- d. *I ate **three** vegetables yesterday.*
- e. *I ate **four** vegetables yesterday.*
- f. *I ate **five or more** vegetables yesterday.*

Student ID number: \_\_\_\_\_

Name: \_\_\_\_\_

School: \_\_\_\_\_

1. Please indicate your gender.
  - a. Female
  - b. Male
2. What grade are you in?
  - a. 5
  - b. 6
  - c. 7
  - d. 8

**Directions:** For each of the following statements, please tell us how much you agree or disagree with it.

3. I enjoy my PE class.
  - a. Disagree Strongly
  - b. Disagree
  - c. Neither Agree Nor Disagree
  - d. Agree
  - e. Agree Strongly
4. I enjoy learning new activities
  - a. Disagree Strongly
  - b. Disagree
  - c. Neither Agree Nor Disagree
  - d. Agree
  - e. Agree Strongly

5. Working hard enough that my heart rate and breathing increase is important.
  - a. Disagree Strongly
  - b. Disagree
  - c. Neither Agree Nor Disagree
  - d. Agree
  - e. Agree Strongly
  
6. I feel good about myself when I know I have worked hard.
  - a. Disagree Strongly
  - b. Disagree
  - c. Neither Agree Nor Disagree
  - d. Agree
  - e. Agree Strongly
  
7. Being fit is important to me.
  - a. Disagree Strongly
  - b. Disagree
  - c. Neither Agree Nor Disagree
  - d. Agree
  - e. Agree Strongly
  
8. I learn how to be fit in my PE class.
  - a. Disagree Strongly
  - b. Disagree
  - c. Neither Agree Nor Disagree
  - d. Agree
  - e. Agree Strongly
  
9. Making healthy food choices is important to me.
  - a. Disagree Strongly
  - b. Disagree
  - c. Neither Agree Nor Disagree
  - d. Agree
  - e. Agree Strongly
  
10. The things I am learning about fitness and eating healthy in school are important.
  - a. Disagree Strongly
  - b. Disagree
  - c. Neither Agree Nor Disagree
  - d. Agree
  - e. Agree Strongly
  
11. Setting fitness goals is important.
  - a. Disagree Strongly
  - b. Disagree
  - c. Neither Agree Nor Disagree
  - d. Agree
  - e. Agree Strongly

12. Having fun helps me understand what I'm learning in PE.
  - a. Disagree Strongly
  - b. Disagree
  - c. Neither Agree Nor Disagree
  - d. Agree
  - e. Agree Strongly
  
13. I learn about intensity in PE class so I can apply it when I'm active.
  - a. Disagree Strongly
  - b. Disagree
  - c. Neither Agree Nor Disagree
  - d. Agree
  - e. Agree Strongly
  
14. I learn in PE class about the five components of fitness to pick activities that improve my fitness.
  - a. Disagree Strongly
  - b. Disagree
  - c. Neither Agree Nor Disagree
  - d. Agree
  - e. Agree Strongly
  
15. I learn in PE class about setting goals to improve my fitness test scores.
  - a. Disagree Strongly
  - b. Disagree
  - c. Neither Agree Nor Disagree
  - d. Agree
  - e. Agree Strongly
  
16. I learn enough in PE class about MyPlate to choose healthy foods.
  - a. Disagree Strongly
  - b. Disagree
  - c. Neither Agree Nor Disagree
  - d. Agree
  - e. Agree Strongly
  
17. My PE teacher gives me enough time in class to improve my fitness.
  - a. Disagree Strongly
  - b. Disagree
  - c. Neither Agree Nor Disagree
  - d. Agree
  - e. Agree Strongly
  
18. In my PE class, I am moving more than half of the time.
  - a. Disagree Strongly
  - b. Disagree
  - c. Neither Agree Nor Disagree
  - d. Agree
  - e. Agree Strongly

19. I learn in PE class that being fit and eating nutritious foods will make me healthy.
  - a. Disagree Strongly
  - b. Disagree
  - c. Neither Agree Nor Disagree
  - d. Agree
  - e. Agree Strongly
  
20. I learn about fun activities in PE that I can do outside of class.
  - a. Disagree Strongly
  - b. Disagree
  - c. Neither Agree Nor Disagree
  - d. Agree
  - e. Agree Strongly
  
21. I learn about fitness and eating healthy in classes other than PE.
  - a. Disagree Strongly
  - b. Disagree
  - c. Neither Agree Nor Disagree
  - d. Agree
  - e. Agree Strongly
  
22. My teacher makes learning about fitness and eating healthy fun.
  - a. Disagree Strongly
  - b. Disagree
  - c. Neither Agree Nor Disagree
  - d. Agree
  - e. Agree Strongly
  
23. In PE, I work on my skills and fitness so I can be active outside of class.
  - a. Disagree Strongly
  - b. Disagree
  - c. Neither Agree Nor Disagree
  - d. Agree
  - e. Agree Strongly
  
24. I am active outside of class because I want to improve my skills.
  - a. Disagree Strongly
  - b. Disagree
  - c. Neither Agree Nor Disagree
  - d. Agree
  - e. Agree Strongly
  
25. I am active outside of class because I want to increase my fitness.
  - a. Disagree Strongly
  - b. Disagree
  - c. Neither Agree Nor Disagree
  - d. Agree
  - e. Agree Strongly

26. I am following a plan outside of class to achieve my fitness goals.
- Disagree Strongly
  - Disagree
  - Neither Agree Nor Disagree
  - Agree
  - Agree Strongly
27. When I'm active outside of class I choose activities of different intensity.
- Disagree Strongly
  - Disagree
  - Neither Agree Nor Disagree
  - Agree
  - Agree Strongly
28. In an average WEEK how many minutes of activity do you get where you are breathing hard and your heart rate increases, including your PE class?
- Less than 30 Minutes
  - 30 Minutes
  - 60 Minutes (1 hour)
  - 90 Minutes (1.5 hours)
  - 120 Minutes (2 hours)
  - 150 Minutes (2.5 hours)
  - 180 Minutes (3 hours)
  - 210 Minutes (3.5 hours)
  - 240 Minutes (4 hours)
  - 270 Minutes (4.5 hours)
  - 300 Minutes (5 hours)
  - More than 300 Minutes (More than 5 hours)
29. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)
- I did not drink 100% fruit juice during the past 7 days
- I did not drink 100% fruit juice during the past 7 days
  - 1 to 3 times during the past 7 days
  - 4-6 times during the past 7 days
  - 1 time per day
  - 2 times per day
  - 3 times per day
  - 4 or more times per day
30. During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)
- I did not eat fruit during the past 7 days
  - 1 to 3 times during the past 7 days
  - 4-6 times during the past 7 days
  - 1 time per day
  - 2 times per day
  - 3 times per day
  - 4 or more times per day

31. During the past 7 days, how many times did you eat green salad?
- I did not eat green salad during the past 7 days
  - 1 to 3 times during the past 7 days
  - 4-6 times during the past 7 days
  - 1 time per day
  - 2 times per day
  - 3 times per day
  - 4 or more times per day
32. During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)
- I did not eat potatoes during the past 7 days
  - 1 to 3 times during the past 7 days
  - 4-6 times during the past 7 days
  - 1 time per day
  - 2 times per day
  - 3 times per day
  - 4 or more times per day
33. During the past 7 days, how many times did you eat carrots?
- I did not eat carrots during the past 7 days
  - 1 to 3 times during the past 7 days
  - 4-6 times during the past 7 days
  - 1 time per day
  - 2 times per day
  - 3 times per day
  - 4 or more times per day
34. During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)
- I did not eat other vegetables during the past 7 days
  - 1 to 3 times during the past 7 days
  - 4-6 times during the past 7 days
  - 1 time per day
  - 2 times per day
  - 3 times per day
  - 4 or more times per day
35. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not count diet soda or diet pop.)
- I did not drink soda or pop during the past 7 days
  - 1 to 3 times during the past 7 days
  - 4-6 times during the past 7 days
  - 1 time per day
  - 2 times per day
  - 3 times per day
  - 4 or more times per day

36. During the past 7 days, how many glasses of milk did you drink? (Count the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)
- a. I did not drink milk during the past 7 days
  - b. 1 to 3 times during the past 7 days
  - c. 4-6 times during the past 7 days
  - d. 1 time per day
  - e. 2 times per day
  - f. 3 times per day
  - g. 4 or more times per day
37. During the past 7 days, on how many days did you eat breakfast?
- a. 0 days
  - b. 1 day
  - c. 2 days
  - d. 3 days
  - e. 4 days
  - f. 5 days
  - g. 6 days
  - h. 7 days
38. Yesterday, I spent \_\_in front of a computer or TV.
- a. Less than 30 minutes
  - b. At least 30 minutes but less than 1 hour
  - c. At least 1 hour but less than 1.5 hours
  - d. At least 1.5 hours but less than 2 hours
  - e. At least 2 hours but less than 2.5 hours
  - f. At least 2.5 hours but less than 3 hours
  - g. At least 3 hours but less than 3.5 hours
  - h. At least 3.5 hours but less than 4 hours
  - i. At least 4 hours but less than 4.5 hours
  - j. At least 4.5 hours but less than 5 hours
  - k. 5 hours or more