Nutrition Program – Oral Survey Pre-Class

*We all want to be on the same page…*

*Say:* I am so glad you’ve decided to join us for this nutrition and cooking class. It’s really great to have you here. I want to let you know that this is a research study, one that is being conducted by us, Washington University Medical students. We are trying to determine if we can improve nutrition perspectives and behaviors. Your participation is entirely voluntary, and any time you want to stop coming to class, we’ll be sad to see you go, but you may do so. If at any time you have suggestions, we’d love to hear them. Please let us know if you have any questions, either now, or later.

I have just a few questions for you. We ask these to get a feel for where you’re at. So that we can keep track of your response without any important personal information, let me know your birth month, your middle initial, and the first three letters of your mother’s first name.

*Enter code:*

Birth Month

Mom’s 1st Name

Middle Initial

|  |  |
| --- | --- |
| MY NUTRITION PERSPECTIVES | *(circle one)* |
| Strongly disagree or strongly agree: |
| 1. I know a lot about how to ***prepare whole grains, fruits, & vegetables*** for meals.  | 1 | 2 | 3 | 4 | 5 |
| 2. I know a lot about how to ***increase whole grains, fruits, & vegetables*** in my meals. | 1 | 2 | 3 | 4 | 5 |
| 3. I feel I have the ***power to make my diet healthier.*** | 1 | 2 | 3 | 4 | 5 |
| 4. I feel I can ***change the food people eat*** while at my church or at a social gathering. | 1 | 2 | 3 | 4 | 5 |
| 5. I feel confident ***talking about food and nutrition*** with friends and family. | 1 | 2 | 3 | 4 | 5 |
| 6. I am likely to ***actually use healthier food*** in my cooking. | 1 | 2 | 3 | 4 | 5 |
| 7. I am likely to ***suggest healthier ways of eating*** to friends and family. | 1 | 2 | 3 | 4 | 5 |

|  |
| --- |
| MY NUTRITION BEHAVIOR |
| 1. How often do you eat at a ***fast food restaurant?*** |
| Never Once a Month Once a Week 3 Times a Week Every Day |
| 2. How often do you ***cook at home?*** |
| Never Once a Month Once a Week 3 Times a Week Every Day |
| 3. On a typical day, how many ***pieces of fruit*** do you usually eat? |
| 0 1 2 3 4 5 6 7 8+ |
| 4. On a typical day, how many ***servings of vegetables*** do you usually eat? |
| 0 1 2 3 4 5 6 7 8+ |

**Nutrition Literacy**

We all hear a lot about nutrition and diet. On the next few pages is information you might see. Each piece of information is a sentence with some of the words missing. Look at the words listed below the blank line and pick the one that makes the most sense to you. Write the letter of that word on the blank line. Keep going until you finish. Thank you.

Healthy eating is really supposed to \_\_\_\_\_\_\_\_\_\_\_\_\_our heart.

 a. grow

 b. age

 c. help

 d. bypass

However, no single food can supply all the nutrients in the \_\_\_\_\_\_\_\_\_\_\_ we need.

 a. meals

 b. amount

 c. fiber

 d. portions

Eating a \_\_\_\_\_\_\_\_\_\_\_\_\_of foods ensures you get all the nutrients needed for good health.

 a. lot

 b. many

 c. variety

 d. pound

Grains, fruits and vegetables are food groups that form the basis of a(an)\_\_\_\_\_\_\_\_\_\_\_ diet.

 a. energy

 b. fat-free

 c. protein

 d. healthy

For a healthy diet, we are advised to eat five \_\_\_\_\_\_\_\_\_\_\_ of fruits and vegetables

 a. cups

 b. fibers

 c. grams

 d. servings

each \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 a. day

 b. morning

 c. meal

 d. year

 next page

Foods like butter have lots of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fat which can increase cholesterol.

 a. calorie-free

 b. bacon

 c. saturated

 d. diet

We also know that cholesterol can be affected by foods high in trans fatty \_\_\_\_\_\_\_\_\_\_\_\_.

 a. oils

 b. acids

 c. fiber

 d. diet

Experts often say to \_\_\_\_\_\_\_\_\_\_\_\_\_ these foods, because they are \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 a. avoid a. delicious

 b. use b. healthy

 c. drink c. fattening

 d. eat d. calories

Fiber is the part of plant-based foods that your \_\_\_\_\_\_\_\_\_\_\_\_\_does not digest and absorb.

 a. body

 b. portion

 c. weight

 d. eating

Whole grains provide more \_\_\_\_\_\_\_\_\_\_\_\_ than processed grains.

 a. weight

 b. good

 c. fiber

 d. nutritious

A good diet should contain approximately 25 to 30 ­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_ of fiber a day.

 a. grams

 b. ounces

 c. portions

 d. calories

Calcium is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for bone health.

 a. essential

 b. osteoporosis

 c. expensive

 d. prescription

As you age, your bones may get thinner as minerals are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 a. lost

 b. weakened

 c. skinny

 d. tall next page

Even in older people, Vitamin D is \_\_\_\_\_\_\_\_\_\_\_\_\_\_ to keep bones healthy.

 a. wants

 b. sunny

 c. mineral

 d. needed

Foods with added sugars are sometimes called foods with empty\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 a. pounds

 b. fat

 c. calories

 d. vitamins

To prevent\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_from bacteria, keep eggs in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 a. omelets a. pantry

 b. groceries b. refrigerator.

 c. pain c. frying pan

 d. illness d. chicken

Farmers who grow organic foods don't use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ methods to control weeds.

 a. conventional

 b. expensive

 c. compost

 d. herbal

They control \_\_\_\_\_\_\_\_\_\_\_\_by techniques such as crop rotation, rather than pesticides.

 a. nutrients

 b. weeds

 c. markets

 d. it

For this, as well as other reasons, organic food \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_than conventional food.

 a. costs more

 b. tastes better

 c. cooks faster

 d. has more fiber

A 180 calorie \_\_\_\_\_\_\_\_\_\_\_\_\_\_ with 10 grams of fat has 50% of its calories from fat.

 a. vitamin

 b. fiber

 c. serving

 d. exercise

A 140-pound woman needs about 51 \_\_\_\_\_\_\_\_\_\_\_\_\_ of protein a day.

 a. servings

 b. grams

 c. portions

 d. ounces

 next page

Using fat-free \_\_\_\_\_\_\_\_\_\_\_\_\_\_ on a sandwich can really cut down on the grams of fat.

 a. sugars

 b. mayonnaise

 c. vitamins

 d. salads

My doctor told me that "fat-free" is not the same as\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 a. vitamin-free b. snack-free

 c. weight-free d. calorie-free

She also told me to make the size of my \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ smaller to help control

 a. waistline

 b. portions

 c. glass

 d. calories

my \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

 a. fattening

 b. vitamins

 c. meals

 d. weight

Male \_\_\_\_ Female \_\_\_\_

African-American \_\_\_\_\_ Asian \_\_\_\_\_ Caucasian \_\_\_\_\_ Hispanic \_\_\_\_\_

Other \_\_\_\_\_

**Thank you!**

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