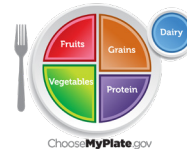


# CAPTAIN CREATE BETTER HEALTH

## 3RD–5TH GRADE WORKSHEET



**CREATE** SNAP-ED  
BETTER HEALTH

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

Please answer the following questions by circling your answer.

Please circle only one answer in each row.

1. I eat vegetables	Never or almost never	Some days	Most days	Every day
2. I eat fruit	Never or almost never	Some days	Most days	Every day
3. I choose healthy snacks	Never or almost never	Some days	Most days	Every day
4. I eat breakfast	Never or almost never	Some days	Most days	Every day
5. I do physical activities	Never or almost never	Some days	Most days	Every day
6. Being active is fun	I do not agree	I'm not sure	I agree	
7. Being active is good for me	I do not agree	I'm not sure	I agree	

8. Will you ask your family to buy your favorite fruit or vegetable?	No	Maybe	Yes
9. Will you ask your family to buy bone-building dairy foods like milk, yogurt, and cheese?	No	Maybe	Yes
10. Will you ask your family to buy whole-grain foods like whole-wheat bread or popcorn?	No	Maybe	Yes

**For Ambassador Use Only:**

Youth ID: \_\_\_\_\_

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

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

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

Grade: \_\_\_\_\_

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

**Select one:**

Pre-survey

Post-survey

