

CREATE BETTER HEALTH TEENS

6th–8th 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

