ARIZONA DEPARTMENT OF HEALTH SERVICES Bureau of Nutrition and Physical Activity – Developed by Maricopa County Department of Public Health Post	School Code
. How <u>old</u> are you? □ □ □ □ □ Boy □ Girl 6 7 8 9 10	Date
3. Pick one food that is a fruit:	
milk of the second of the seco	
☐ Chocolate Milk ☐ Hamburger ☐ Strawberry ☐ Cheese	
Pick <u>one</u> food that is a vegetable:	
☐ Rice ☐ Apple ☐ Grilled Cheese ☐ Carrots	
5. Which food has fiber ?	
milk	
\square Soda \square Broccoli \square Milk \square Chicken	
5. Which food has a lot of vitamin A ?	
☐ Eggs ☐ Oranges ☐ Carrots ☐ Cheese 7. Which food has a lot of vitamin C ?	
Which food has a fot of vitamin C:	
☐ Grilled Cheese ☐ Hamburger ☐ Soda ☐ Oranges	
3. The words "More Matters" help me remember to eat more of what?	
☐ Fruits and Vegetables ☐ Pizza ☐ Chicken Nuggets ☐ Don't Know	
Do you eat fruits and vegetables as snacks?	
\square_{Yes} \square_{No}	
0. How many grams of fiber do you need every day to stay healthy?	
□ 5 □ 10 □ 25 □ Don't Know	
1. After the Fruits & Veggies-More Matters® Class I now eat:	
☐ More fruits ☐ The same amounts of fruits	
2. After the Fruits & Veggies–More Matters® Class I now eat:	
☐ More vegetables ☐ The same amounts of vegetables	