ARIZONA DEPARTMENT OF HEALTH SERVICES Bureau of Nutrition and Physical Activity – Developed by Maricopa County Department of Public Health	School Code
1. How old are you? 2. Are you a boy or a girl ? Boy Girl 6 7 8 9 10	Date
3. Pick one food that is a fruit:	
☐ Chocolate Milk ☐ Hamburger ☐ Strawberry ☐ Cheese	
4. Pick one food that is a vegetable:	
☐ Rice ☐ Apple ☐ Grilled Cheese ☐ Carrots	
5. Which food has fiber ?	
milk	
□ Soda □ Broccoli □ Milk □ Chicken	
6. Which food has a lot of vitamin A ? □ Eggs □ Oranges □ Carrots □ Cheese	
7. Which food has a lot of vitamin C ?	
☐ Grilled Cheese ☐ Soda ☐ Hamburger ☐ Oranges	
8. The words "More Matters" help me remember to eat more of what?	
☐ Fruits and Vegetables ☐ Pizza ☐ Chicken Nuggets ☐ Don't Know	
9. Do you eat fruits and vegetables as snacks? ☐ Yes ☐ No	
10. How many grams of fiber do you need every day to stay healthy?	
\square 5 \square 10 \square 25 \square Don't Know	