



Take Charge of Your Health!

Please Complete our Health Survey on **Breakfast**

Name _____ Date: _____

Age group: 5-17 y 18-59 y 60+ y

Gender: F M Ethnicity: _____
(cultural group, race, self-descriptor)

Location/Site _____

Please take a few moments and complete this short survey. Select and circle your best answer for each question.

1. Skipping breakfast does not affect your health. T or F

2. A good breakfast includes at least 3 food groups. T or F

3. Making a quick breakfast is difficult. T or F

4. Eating breakfast at home can be cheaper and healthier than getting something on the go. T or F

5. Breakfast is the most important meal of the day. T or F

Thank you for participating. We hope that the presentation gave you some useful information today.



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu