



Take Charge of Your Health!

Please Complete our Health Survey on **Nutrition Awareness**

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. Children are the only ones who need large amounts of calcium everyday. T or F
2. You should have 6-8 glasses of water to drink each day. T or F
3. On a scale of 1-5, with **1** meaning **Not at All** and **5** meaning **Very**, how likely are you to choose carrots and peanut butter, pretzels and raisins or fruit and yogurt for your or your child's snack? You: _____
Your Child: _____
4. One serving of juice is enough fruit for one day. T or F
5. Eating foods with fiber everyday helps reduce your risk of disease. T or F
6. Thirty to 90 minutes of physical activity each day is a good amount for most people. 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