



# Take Charge of Your Health!

Please Complete our Health Survey

Name \_\_\_\_\_ Date: \_\_\_\_\_

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

Gender:     F            M                      Ethnicity: \_\_\_\_\_  
(Cultural group, race, self-descriptor)

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

1. Fiber comes from the parts of plants we cannot digest.            T or F
2. Fiber helps prevent and relieve constipation, reduce your risk of heart disease and certain cancers.            T or F
3. As you increase the amount of fiber in your diet, you should also increase the amount of water you drink.            T or F
4. "I will eat 1 cup of beans most days of the week," is an example of a measurable, achievable and forgiving goal.            T or F
5. It is recommended that adult women consume 25 grams and adult men consume 38 grams of fiber daily.            T or F
6. Beans are good sources of fiber.            T or F
7. You must eat beans and grains together at one meal to get the benefits of protein.            T or F
8. Eating a variety of foods from each food group every day ensures adequate protein in the diet.            T or F

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