

Take Charge of Your Health!

Please Complete Our Health Survey

Name _____ Date: _____

Age: _____ Gender: F M Race: _____

Please take a few moments to complete this short survey.
Circle your best answer for each question.

1. Name three fruits or vegetables high in Vitamin C

2. Butter, bacon fat and olive oil are sources of vitamin E T or F

3. Sweet potatoes are great sources of beta carotene which increases the number of infection fighting cells. T or F

4. Garlic causes colds. T or F

5. What foods are sources of omega-3 fats?
a. garlic
b. salmon, mackerel, tuna
c. sweet potatoes

6. Name a food or unhealthy lifestyle which makes a person more susceptible to colds and flu.

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The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program. 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.



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