



SNAP Student Survey

School Nutrition and Activity Project

These questions are about the health and eating habits of students like yourself. Read each question carefully and be as honest as you can when you answer the questions. The information you give will be kept completely secret and confidential. Your answers will only be seen by researchers at the University of Prince Edward Island. Your teachers, principal, parents, etc. will not see your answers. The survey is anonymous so please do NOT put your name on any of the pages.

For each question please mark your answer by making a dark pencil mark that fills the circle completely. Fill in only one (1) circle for each question unless the instructions tell you to do something different.

Section 1. All about me.

This section asks questions about you.

1. What grade are you in?

- 5 6

2. How old are you?

- 10 years or younger
 11 years
 12 years
 13 years or older

3. Are you a girl or a boy?

- Boy
 Girl

4. How often do you have something for breakfast?

- Every day
 Some days
 Rarely
 Weekends only
 Never

5. What type of milk do you usually drink?

- Whole milk
 2% white
 1% white
 Skim milk
 Chocolate milk
 Don't drink milk

I.D. #

Section 2. The Foods I Eat

6. How often have you eaten any of these foods in the last seven days? For each food, please fill in the circle.

Food	At least twice a day	once a day	4 to 6 times/week	1 to 3 times/week	never
Milk (alone or on cereal)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yogurt and frozen yogurt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eggs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ice Cream	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
French fries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other kinds of potatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beans (baked, chickpeas, kidney beans, lentils, tofu)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peanut butter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit Juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bread, bagels, pitas, English muffins, crackers, tortillas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Food	At least twice a day	once a day	4 to 6 times/week	1 to 3 times/week	never
Spaghetti, macaroni, or other pasta	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pizza	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cheerios, Shreddies Rice Krispies, Corn Flakes, Raisin Bran, Frosted Flakes and other cold cereals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Oatmeal, Cream of Wheat and other cooked cereals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hamburgers, beef, pork, hot dogs, sausages, lunch meats, other meat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chicken, turkey, fish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cakes, cookies, pie, doughnuts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Potato chips, tortilla or nacho chips, Cheesies pretzels, other snack foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Candy, chocolate bars	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Regular (not diet) soft drinks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I.D. #

Section 3. The Activities I Take Part In

This section asks questions about the types of activities that you take part in.

3-1. Think about the last year. Think about the activities that you do, when you are not at school. How often do you usually...

	Never	Less than once a week	1 to 3 times a week	4 or more times a week
a. Play sports or do physical activity <u>WITHOUT</u> a coach or instructor (such as riding a bike, skateboarding, roller-blading, etc.)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Play sports <u>WITH</u> a coach or instructor, other than in gym class (such as soccer, swimming lessons, hockey, gymnastics, etc.)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Use a computer or play video games?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Watch TV?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3-2. On average, about how many hours per day do you spend on the following activities, not including school hours?

	Less than 1 hour a day	1-2 hours a day	3-4 hours a day	5-6 hours a day	7 or more hours a day
a. Using a computer or playing video games	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Watching TV	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Thank you for taking part in this survey!