1. What kind of milk do you drink at your home?
   A. White 🥛
   B. Chocolate ☕
   C. I can’t drink milk 🚫
   D. I don’t drink milk 😞

2. What type of milk do you drink at home?
   A. Whole 🥛
   B. 2% 🥛
   C. 1% 🥛
   D. Skim 🥛
   E. I don’t know 😳

3. Which drink would you choose?
   A. Water 🥤
   B. Milk 🥛
   C. Juice 🥤
   D. Soda 🥤
   E. Tea 🥤
Healthy Eating Decisions Survey – Modified from the SPAN survey

Please CIRCLE your answer.

4. Most days, how many servings of fruits do you eat?
   A. 0-1
   B. 2
   C. 3
   D. 4
   E. 5

5. Most days, how many servings of vegetables do you eat?
   A. 0-1
   B. 2
   C. 3
   D. 4
   E. 5
6. Most days, how many desserts do you have?
   A. 0-1
   B. 2
   C. 3
   D. 4
   E. 5

7. Most days, how many times do you eat bread?
   A. 0-1
   B. 2
   C. 3
   D. 4
   E. 5

8. Most days, how many times do you eat meat?
   A. 0-1
   B. 2
   C. 3
   D. 4
   E. 5
9. Which is healthier?
   A. Baked Chicken
   B. Fried Chicken
   C. They are the same

10. Which is healthier?
    A. Fresh Fruit
    B. Fruit Snacks
    C. They are the same

11. Which is healthier?
    A. Beans
    B. Macaroni and Cheese
    C. They are the same

12. Which is healthier?
    A. Unflavored Popcorn
    B. Potato chips
    C. They are the same
13. Which is healthier?
   A. Skim milk
   B. Whole milk
   C. They are the same

14. Which is healthier?
   A. Apple
   B. Applesauce
   C. They are the same

15. Which is healthier?
   A. Pizza made on whole grain
   B. Pizza made on white flour crust
   C. They are the same

16. Which is healthier?
   A. Microwave popcorn
   B. Movie popcorn
   C. They are the same
17. Which has more sugar? ↑
   A. Chocolate Milk
   B. Sports Drink
   C. They have the same

18. Which has more sugar? ↑
   A. Chocolate Milk
   B. Soda
   C. They have the same
19. Which one food is a “go” food? 👍
   A. Popcorn 🍿
   B. Beans 🌶
   C. Banana 🍌
   D. Jello 🍔_mB
   E. Hotdog 🍔

20. Which one food is a “slow” food? 👌
   A. Carrot 🥕
   B. Peanut butter 🥜
   C. Cookies 🍪
   D. Skim milk 🥛
   E. Pizza 🍕

21. Which one food is a “whoa” food? 😞
   A. Soda 🥤
   B. Yogurt 🥛
   C. Apple 🍎
   D. Cheese 🧀
   E. Eggs 🍳