

**Answer Keys**...to illustrate the correct answers, shaded in gray, to the child, adolescent, and adult questionnaires

**Scoring Sheets**...to add up the total score for the pre- and postquestionnaires of each child, adolescent, and adult participant. One sheet is used to score the participant's prequestionnaire and another copy of the same sheet is used to score the postquestionnaire

# *Appendix*





# Answer Key (PRE & POST)

## **Child** QUESTIONNAIRE

WHAT'S YOUR  
food,  
physical activity,  
& heart health





**\*\*Correct and positive answers are shaded in gray\*\***

## Which food is better for your health? (KNOWLEDGE)

- |    |                   |                          |  |
|----|-------------------|--------------------------|--|
| 1. | Doughnut          | Toast                    |  |
| 2. | Orange            | Cookies                  |  |
| 3. | Whole Wheat Bread | White Bread              |  |
| 4. | Cold Cereal       | Eggs and Bacon           |  |
| 5. | Regular Milk      | Low-fat or Fat-free Milk |  |
| 6. | Green Salad       | French Fries             |  |
| 7. | Grapes            | Candy Bar                |  |

## What foods do you eat most of the time? (BEHAVIOR)

- |    |                |                                  |  |
|----|----------------|----------------------------------|--|
| 1. | Baked Potato   | French Fries                     |  |
| 2. | Fruit Juice    | Soda                             |  |
| 3. | Cookies        | Apple                            |  |
| 4. | Hot Dog        | Sandwich with Lettuce and Tomato |  |
| 5. | Chocolate Cake | Orange                           |  |
| 6. | Ice Cream      | Fresh Fruit Popsicle             |  |
| 7. | Regular Milk   | Low-fat or Fat-free Milk         |  |



## What would you do? (INTENTION)

1. If you were at the movies, which one would you pick?

Popcorn with salt and butter

Popcorn without salt and butter

2. If you were going to eat your lunch, which would you do?

Eat the food without adding salt

Shake salt on the food before eating

3. Which food would you put on your hamburger?

Ketchup

Tomato

4. Which would you pick to drink?

Regular Milk

Low-fat or fat-free milk

5. Which food would you eat for a snack?

Candy Bar

Fresh Fruit

6. Which food would you choose for dinner?

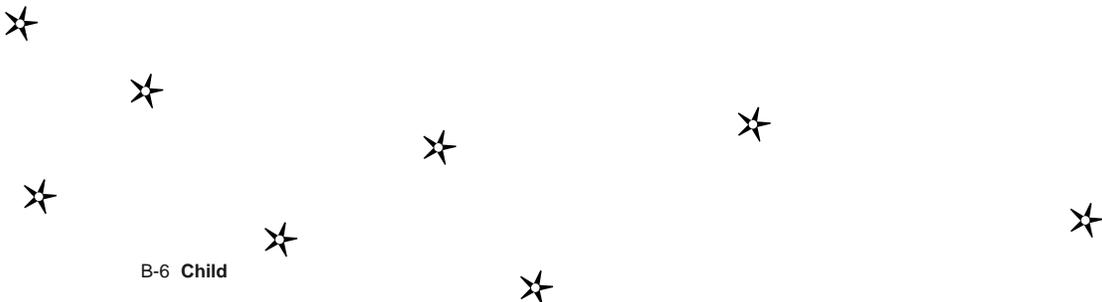
Baked Potato

French Fries

7. Which would you order if you were going to eat at a fast-food restaurant?

Hamburger

Salad





## Things I like and things I do *(PRETEST)*

\*\*Record total check marks for each column in the score sheet. There are no right or wrong answers here.

## Things I learned and did this summer *(POSTTEST)*

\*\*Record total check marks for each column in the score sheet. There are no right or wrong answers here.

## Physical activity and you *(ATTITUDE)*

**1. I would rather watch TV than play sports or be active.**

Yes - 0 points

No - 2 points

Sometimes - 1 point

**2. People who play sports or are active seem to have a lot of fun doing it.**

Yes - 2 points

No - 0 points

Sometimes - 1 point

**3. How do you feel about your ability to kick a ball hard and hit a target, like soccer?**

Great - 2 points

Okay - 1 point

Not Good - 0 points

**4. How do you feel about your ability to run a long way without stopping?**

Great - 2 points

Okay - 1 point

Not Good - 0 points

**5. How do you feel about your ability to hit a ball with a bat, like softball?**

Great - 2 points

Okay - 1 point

Not Good - 0 points

**6. How do you feel about your ability to play many different games and sports?**

Great - 2 points

Okay - 1 point

Not Good - 0 points

ID# \_\_\_\_\_

DATE \_\_\_\_\_

# Children Pre Score Sheet

Personal: 1. Gender: \_\_\_\_\_ 2. Age Group: \_\_\_\_\_

Use one score sheet for each participant.

Give one point for each correct answer; and one or two points (as specified in Answer Key) for each 'positive' answer, i.e., an answer demonstrating healthy nutrition or physical activity. Consult answer key to complete this score sheet.

Knowledge (Which Food Is Better For Your Health?)		Behavior (What Foods Do You Eat Most of the Time?)		Intention (What Would You Do?)	
1.	5.	1.	5.	1.	5.
2.	6.	2.	6.	2.	6.
3.	7.	3.	7.	3.	7.
4.		4.		4.	
<b>Knowledge Total:</b> _____ Out of 7 possible points		<b>Behavior Total:</b> _____ Out of 7 possible points		<b>Intention Total:</b> _____ Out of 7 possible points	

Things I Like and Things I Do			Attitude (Physical Activity and You)	
I like to do this	I've done this in the past week	I would like to learn how to do this	1.	4.
			2.	5.
			3.	6.
_____	_____	_____	<b>Attitude Total:</b> _____ Out of 12 possible points	
Out of 14	Out of 14	Out of 14		

ID# \_\_\_\_\_

DATE \_\_\_\_\_

# Children Post Score Sheet

Personal: 1. Gender: \_\_\_\_\_ 2. Age Group: \_\_\_\_\_

Use one score sheet for each participant.

Give one point for each correct answer; and one or two points (as specified in Answer Key) for each 'positive' answer, i.e., an answer demonstrating healthy nutrition or physical activity. Consult answer key to complete this score sheet.

Knowledge (Which Food Is Better For Your Health?)		Behavior (What Foods Do You Eat Most of the Time?)		Intention (What Would You Do?)	
1.	5.	1.	5.	1.	5.
2.	6.	2.	6.	2.	6.
3.	7.	3.	7.	3.	7.
4.		4.		4.	
<b>Knowledge Total:</b> _____ Out of 7 possible points		<b>Behavior Total:</b> _____ Out of 7 possible points		<b>Intention Total:</b> _____ Out of 7 possible points	

Things I Learned and Did This Summer			Attitude (Physical Activity and You)	
Something new I learned	I got better at this	I would like to play this again	1.	4.
			2.	5.
			3.	6.
_____	_____	_____	<b>Attitude Total:</b> _____ Out of 12 possible points	
Out of 14	Out of 14	Out of 14		



# Answer Key (PRE & POST)

## Adolescent QUESTIONNAIRE

WHAT'S YOUR  
food,  
physical activity,  
& heart health



**\*\*Correct and positive answers are shaded in gray\*\***

## Heart-healthy eating

**3. Joe ate cereal with milk and a banana and drank orange juice for breakfast.  
How many different food groups did Joe eat from?**

1                      2                      **3**                      4                      Don't Know

**4. What is a “balanced diet”?**

- a. Eating lots of fruit and vegetables
- b. Eating the same foods every day
- c. Eating the exact same amount of food from each food group
- d. **Eating different foods from all the food groups**

**5. If you want to eat more fruit, which of the following would you choose?**

- a. Orange soda
- b. Grape jelly
- c. **A banana**
- d. Strawberry ice cream

**6. From which food group should you eat the most servings a day?**

- a. **Bread, cereal, rice, and pasta**
- b. Meat, poultry, fish, eggs, dry beans, and nuts
- c. Vegetable
- d. Fruit

**7. Which food is better for your health?**

- |                             |                                 |
|-----------------------------|---------------------------------|
| a. Doughnut                 | <b>Toast</b>                    |
| b. <b>Orange</b>            | Cookies                         |
| c. <b>Whole Wheat Bread</b> | White Bread                     |
| d. <b>Cold Cereal</b>       | Eggs and Bacon                  |
| e. Regular Milk             | <b>Low-fat or Fat-free Milk</b> |
| f. <b>Green Salad</b>       | French Fries                    |
| g. <b>Grapes</b>            | Candy Bar                       |
| h. French Fries             | <b>Baked Potato</b>             |

## 8. Overweight/Obesity Knowledge

	True	False
a. Polyunsaturated fat has the same number of calories as saturated fat.	T	F
b. The single most important change most people can make to lose weight is to avoid sugar.	T	F
c. Being overweight puts you at risk for heart disease.	T	F
d. Lowering sodium or salt in the diet does not always lower high blood pressure to normal.	T	F
e. If you are overweight, losing weight helps lower your high blood cholesterol and high blood pressure.	T	F
f. The best way to lose weight is to eat fewer calories and be physically active.	T	F
g. Overweight children are very likely to become overweight adults.	T	F
h. Skipping meals is a good way to cut down on calories.	T	F
i. Foods high in complex carbohydrates (starch and fiber) are good choices when you are trying to lose weight.	T	F

For 9–11 below, use the number that is circled on the questionnaire to represent the number of points on the score sheet. Add up points of all answers in each section.

### 9. Attitude Toward Healthy Eating - Four Agree/Disagree Questions

### 10. Attitude Toward Healthy Eating: “If I eat a healthy diet every day...”—Six Agree/Disagree Questions

### 11. Overweight/Obesity Attitude - Eight Agree/Disagree Questions

### 12. What Foods Do You Eat Most Of The Time? (Eating Behavior)

- |    |                |                                  |
|----|----------------|----------------------------------|
| a. | Baked Potato   | French Fries                     |
| b. | Fruit Juice    | Soda                             |
| c. | Cookies        | Apple                            |
| d. | Hot Dog        | Sandwich with Lettuce and Tomato |
| e. | Chocolate Cake | Orange                           |
| f. | Ice Cream      | Fresh Fruit Popsicle             |
| g. | Sweet Roll     | Whole Wheat Roll                 |
| h. | Regular Milk   | Low-fat or Fat-free Milk         |



**13. What Would You Do? (Eating/Intention)**

**a. If you were at the movies, which one would you pick?**

Popcorn with salt and butter

Popcorn without salt and butter

**b. If you were going to have lunch right now, which would you do?**

Eat food without adding salt

Shake salt on your food

**c. Which food would you put on your hamburger?**

Ketchup

Tomato

**d. Which would you pick to drink?**

Regular Milk

Low-fat or Fat-free Milk

**e. Which food would you eat for a snack?**

Candy Bar

Fresh Fruit

**f. Which food would you choose for dinner?**

Baked Potato

French Fries

**g. Which would you order if you were going to eat at a fast food restaurant?**

Hamburger

Salad





## Physical Activity

**1. In the past week, how many days were you active for at least 20 minutes in sports activities...? (Between 0 - 7)**

Give one point for an answer of 4 or more days

**2. In the past week, how many days did you do exercises to strengthen or tone your muscles, such as pushups, situps, or weight-lifting?**

Give one point for an answer of 4 or more days

**3. Which of the following activities do you do the most from the time school gets out until you eat dinner?**

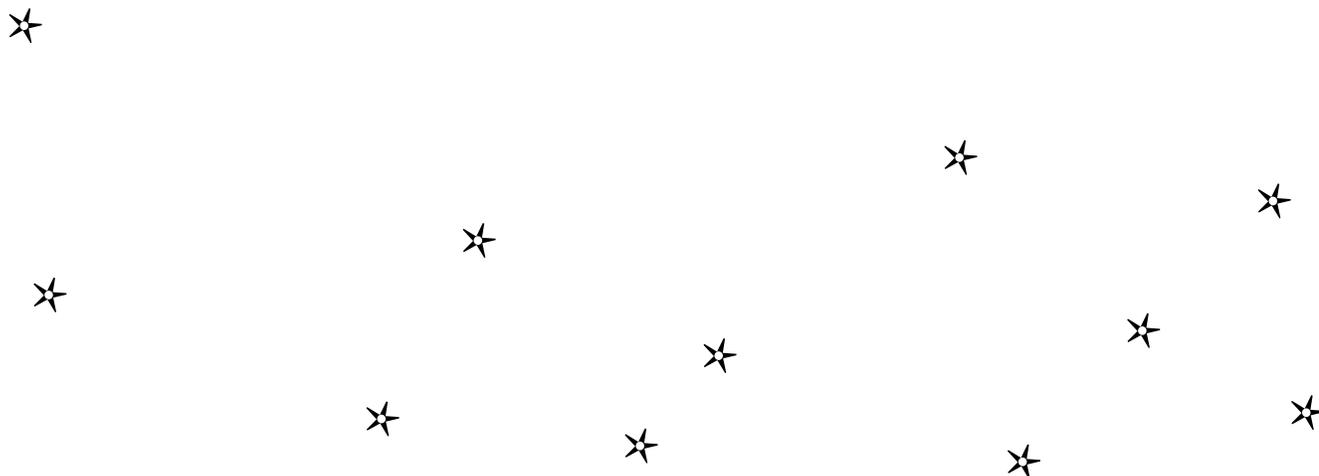
One point for either answer:      Play a sport or exercise      Play outside

**4. During the past 12 months, how many sports teams were you on?**

0 teams - 0 points      1 team - 1 point      2 or more teams - 2 points

**5. In general, do you think you get too much physical activity, not enough physical activity, or about the right amount of physical activity?**

Too much - 0 points      About right - 1 point      Not enough - 0 points



# Adolescent Pre and Post Score Sheet

Personal: 1. Gender: \_\_\_\_\_ 2. Age Group: \_\_\_\_\_

Use one score sheet for each participant. Using the answer key as a guide, complete the score sheet by giving points for correct or 'positive' answers.

## Heart-Healthy Eating

Nutrition Knowledge (1pt each)		Overweight/ Obesity Knowledge (1 pt each)		Attitude Toward Healthy Eating (1-4 pts each)		Overweight/ Obesity Attitude (1-4 pts each)	Healthy Eating Behavior (1 pt each )	Healthy Eating Intentions (1 pt each )
3.	7c.	8a.	8f.	9a.	10b.	11a.	12a.	13a.
4.	7d.	8b.	8g.	9b.	10c.	11b.	12b.	13b.
5.	7e.	8c.	8h.	9c.	10d.	11c.	12c.	13c.
6.	7f.	8d.	8i.	9d.	10e.	11d.	12d.	13d.
7a.	7g.	8e.		10a.	10f.	11e.	12e.	13e.
7b.	7h.					11f.	12f.	13f.
						11g.	12g.	13g.
						11h.	12h.	
<b>POINT TOTAL:</b>		<b>POINT TOTAL:</b>		<b>POINT TOTAL:</b>		<b>POINT TOTAL:</b>	<b>POINT TOTAL:</b>	<b>POINT TOTAL:</b>
12 possible		9 possible		40 possible		32 possible	8 possible	7 possible

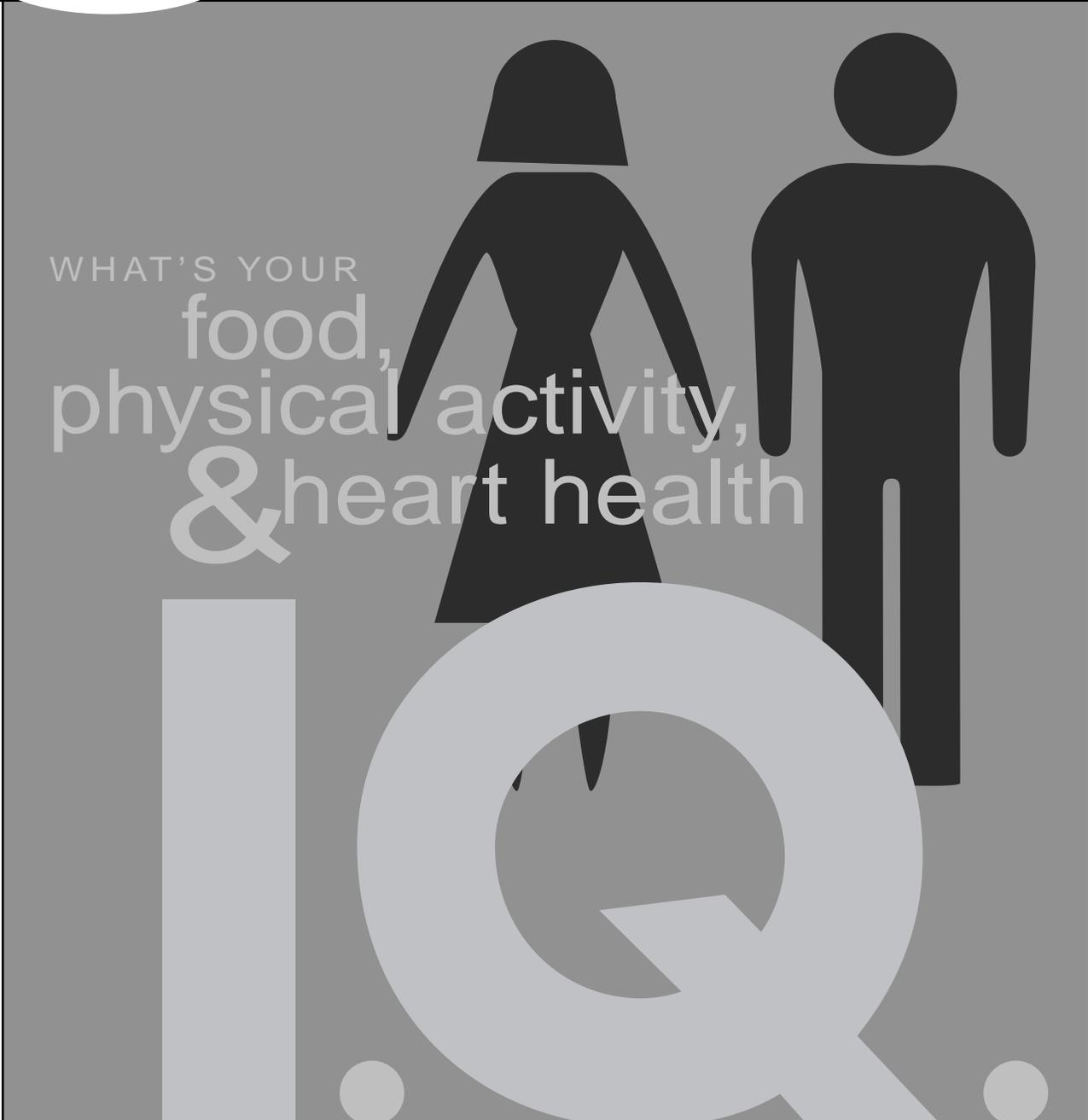
## Physical Activity

Level of Physical Activity
1.
2.
3.
4.
5.
<b>POINT TOTAL:</b>
6 possible

# Answer Key (PRE & POST)

## Adult QUESTIONNAIRE

WHAT'S YOUR  
food,  
physical activity,  
& heart health



**\*\*Correct and positive answers are shaded in gray\*\***

## Heart-healthy eating

### 5. Serving of a fruit or vegetable?

a. Half cup of orange juice?	Yes	No	Don't Know
b. Half cup of lettuce?	Yes	No	Don't Know
c. Half cup of steamed broccoli?	Yes	No	Don't Know

### 6. From which food group should you eat the most servings a day?

- 1 - Bread, cereal, rice, and pasta
- 2 - Vegetable
- 3 - Fruit
- 4 - Meat, poultry, fish, eggs, dry beans, and nuts
- 5 - Milk, yogurt, and cheese
- 0 - Don't know

### 7. Which of these is the best choice for a low-fat diet? (circle just one)

- 1 - Whole milk
- 2 - Low-fat yogurt
- 3 - Cheese
- 4 - Fat-free milk
- 0 - Don't Know

### 8. Which is the best snack choice for a low-fat diet? (circle just one)

- 1 - Cookies
- 2 - Fruit roll-ups
- 3 - Pie
- 4 - Ice cream
- 0 - Don't Know

### 9. Overweight/Obesity Knowledge - T/F

	True	False
a. Polyunsaturated fat has the same number of calories as saturated fat.	T	F
b. The single most important change most people can make to lose weight is to avoid sugar.	T	F
c. Being overweight puts you at risk for heart disease.	T	F



d. A reduced intake of sodium or salt does not always lower high blood pressure to normal.	T	F
e. If you are overweight, losing weight helps lower your high blood cholesterol and high blood pressure.	T	F
f. The best way to lose weight is to eat fewer calories and be physically active.	T	F
g. Overweight children are likely to become overweight adults.	T	F
h. Skipping meals is a good way to cut down on calories.	T	F
i. Foods high in complex carbohydrates (starch and fiber) are good choices when you are trying to lose weight.	T	F

**10. Attitude Toward Healthy Eating - “To you personally, how important is each of the following choices?” Record all answers on the score sheet.**

**11. Overweight/Obesity Attitude - “Please indicate how much you tend to agree or disagree with each statement.” Record all answers on the score sheet.**

**12. Eating Behavior/Habits - Record all answers on the score sheet.**

## Physical Activity

Give one point for each Yes answer.

1. I currently participate in moderate physical activity.	Yes	No
2. I intend to increase my participation in moderate physical activity in the next 6 months.	Yes	No
3. I currently engage in regular moderate physical activity.	Yes	No
4. I have been participating in moderate physical activity regularly for the past 6 months.	Yes	No
5. In the past, I have been regularly physically active in moderate activities for a period of at least 3 months.	Yes	No

**6. During the past 7 days, how many times did you engage in physical activity to try to lose weight or keep from gaining weight?**

Use the number that is circled (0-4) to represent the number of points on the score sheet.



**7. On how many of the past 7 days did you do any kind of physical activity in a place such as a “Y”, sports league, dance class, recreational center, or any other community center?**

Use the number that is circled to represent the number of points on the score sheet.



**8. Attitude Toward Physical Activity - Likely/Unlikely**

Record all answers on the score sheet.

**9. Physical Activity Knowledge – T/F**



	True	False
a. Regular physical activity can reduce your chances of getting heart disease.	T	F
b. It doesn't take a lot of money or expensive equipment to become physically fit.	T	F
c. Exercise programs do not require a lot of time to be very effective.	T	F
d. You should always consult a doctor before starting a physical activity program.	T	F
e. There are many risks and injuries that can occur with exercise.	T	F
f. Most people get enough physical activity from their daily routine.	T	F
g. You don't have to train like a marathon runner to become more physically fit.	T	F
h. People who need to lose some weight are the only ones who will benefit from regular physical activity.	T	F
i. The older you are, the less active you need to be.	T	F
j. People who have had a heart attack should not start any physical activity program.	T	F
k. All exercises give you the same benefits.	T	F
l. To help you stay physically active, include a variety of activities.	T	F

**10. and 11. Fit/Sit Scores – Totals are already on the questionnaire.**

For the next two sections, give one point for each correct answer as listed below.  
Give 0 points for wrong answers or “Not Sure” answers.

## Possible causes of high blood pressure

1. Being overweight	Cause
2. Heredity-it runs in the family	Cause
3. Eating too much salt	Cause
4. Race or ethnic group	Cause
5. Worrying, tension, strain	Not a Cause
6. Eating fatty foods	Not a Cause
7. Smoking	Cause
8. Drinking too much alcohol	Cause
9. Regular hard exercise	Not a Cause
10. Being underweight	Not a Cause
11. Being pregnant	Cause
12. Not getting enough exercise	Cause
13. Old age	Cause
14. Stress	Not a Cause

## Actions to control high blood cholesterol

1. Getting regular exercise	Would Help
2. Eating less salt	Would Not Help
3. Eating less sugar	Would Not Help
4. Eating more soluble fiber	Would Help
5. Using fat-free milk or low-fat dairy products	Would Help
6. Eating less cheese	Would Help
7. Eating fewer eggs	Would Help
8. Eating more fish	Would Help
9. Eating less sausage, bacon, and luncheon meats	Would Help
10. Eating less saturated fat	Would Help
11. Losing weight if you are overweight	Would Help
12. Using soft or liquid margarine instead of butter	Would Help





# Adult Pre and Post Score Sheet

Personal: 1. Gender:\_\_\_\_ 2. Age Group:\_\_\_\_ 3. Race:\_\_\_\_ 4. Education:\_\_\_\_

Use one score sheet for each participant.

Give one point for each correct answer; and 1-4 points (as specified in Answer Key) for each 'positive' answer, i.e., an answer demonstrating healthy nutrition or physical activity. Consult answer key to complete this score sheet.

Heart-Healthy Eating						
Nutrition Knowledge (1 pt each)	Overweight/ Obesity Knowledge (1 pt each)		Attitude Toward Healthy Eating (1-4 pts each)	Overweight/ Obesity Attitude (1-4 pts each)		Eating Behavior (0-4 pts each)
5a.	9a.	9f.	10a.	11a.	11e.	12a.
5b.	9b.	9g.	10b.	11b.	11f.	12b.
5c.	9c.	9h.	10c.	11c.	11g.	12c.
6.	9d.	9i.	10d.	11d.	11h.	12d.
7.	9e.		10e.			12e.
8.			10f.			12f.
						12g.
<b>POINT TOTAL:</b>	<b>POINT TOTAL:</b>		<b>POINT TOTAL:</b>	<b>POINT TOTAL:</b>		<b>POINT TOTAL:</b>
6 possible	9 possible		24 possible	32 possible		28 possible see note below

**Note:** For every part of question 12 on Eating Behavior that the respondent answered "x" (for not applicable"), subtract 4 from the total possible number of points.



Physical Activity					Knowledge: Causes of High Blood Pressure (1 pt each)		Knowledge: Actions to Control High Blood Cholesterol (1 pt each)	
Level of Physical Activity (0-4 pts each)	Attitude Toward Physical Activity (1-4 pts each)		Physical Activity Knowledge (1 pt each)					
1.	8a.	8h.	9a.	9g.	1.	8.	1.	7.
2.	8b.	8i.	9b.	9h.	2.	9.	2.	8.
3.	8c.	8j.	9c.	9i.	3.	10.	3.	9.
4.	8d.	8k.	9d.	9j.	4.	11.	4.	10.
5.	8e.	8l.	9e.	9k.	5.	12.	5.	11.
6.	8f.	8m.	9f.	9l.	6.	13.	6.	12.
7.	8g.	8n.			7.	14.		
<b>POINT TOTAL:</b>	<b>POINT TOTAL:</b>		<b>POINT TOTAL:</b>		<b>POINT TOTAL:</b>		<b>POINT TOTAL:</b>	
12 possible	28 possible		12 possible		14 possible		12 possible	
<b>FIT SCORE:</b> _____					<b>SIT SCORE:</b> _____			

