

Please **circle** an appropriate answer or write in the answer with the provided space for each question. There are 10 questions in this survey. Thank you!

1. The safest method for thawing raw chicken is:

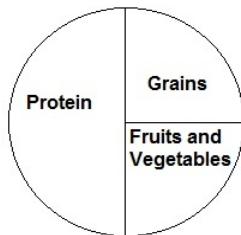
- A. In the microwave
B. In the refrigerator
C. Leaving it on the counter overnight
D. Under running water for 1 hour

2. On a food label, which nutrients should be eaten in a moderate amounts?

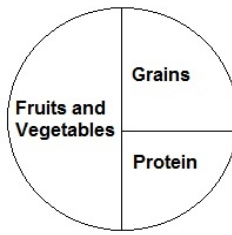
- A. Total Fat, Iron and Potassium
B. Protein, Total fat and Vitamins
C. Cholesterol, Total Fat and Sodium
D. Calcium, Vitamins and Total fat

3. How much of each food group (Protein, Grains, Vegetables, Fruits) should be on your plate?

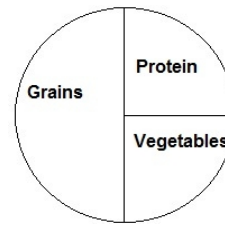
- A.



- B.



- C.



4. Meal planning before grocery shopping will save you time and money.

- True False

5. It is best to:

- A. Eat the same foods daily B. Only try some foods C. Try “all kinds” of foods

6. How many servings of fruit and vegetable do you consume daily?

Please circle a number for fruits and vegetables individually.

Servings of Fruit: 0 1 2 3 4 5+ Servings of Vegetable: 0 1 2 3 4 5+

7. How many servings of each should you eat in one day?

- | | | | |
|------------------------|--------|--------|--------|
| Protein? | A. 1-2 | B. 3-4 | C. 5-6 |
| Fruits and Vegetables? | A. 1-2 | B. 3-4 | C. 5-6 |
| Whole grains? | A. 1-2 | B. 3-4 | C. 5-6 |

8. Did you find the information packet to be useful? Please explain.

- Yes No

9. Did you share the information from the packet with anyone else? Please explain.

- Yes No

10. What other information would you have liked to see included about food and diet?