Circle one answer:

1. Before I touch or eat food, I wash my hands…
   Always    Most of the time    Sometimes    Never

2. I help pick out fruits or vegetables at the store…
   Always    Most of the time    Sometimes    Never

3. When I prepare fruits and vegetables to eat, I clean them…
   Always    Most of the time    Sometimes    Never

4. I eat different kinds of fruits…
   Every day    Most days of the week    1-2 days a week    Less than once a week

5. I eat different kinds of vegetables…
   Every day    Most days of the week    1-2 days a week    Less than once a week

6. I like to try new foods…
   Always    Most of the time    Sometimes    Never

7. I prepare fruits or vegetables for myself or others…
   Every day    Most days of the week    1-2 days a week    Less than once a week

8. What fruits or vegetables do you like to prepare for yourself or others?
   (Write on the back if you need more space).