**Questionnaire**

Name Address City Zip

1. The amount of fruits and vegetables recommended daily for a 35 year old woman is?
	1. 1 cup fruit + 1-½ cups vegetable
	2. 1-1/2 cups fruit + 2-1/2 cups vegetable
	3. 2 cups fruit + 1-½ cups vegetable
	4. 1-1/2 cups fruit + 2 cups vegetable
2. According to the food program meal pattern, a 3 year old child eating breakfast and lunch at day care would be offered are at least cup(s) fruits and vegetables (total amount for two meals)
	1. 3/4 cup total
	2. 1-1/4 cups total
	3. 1 cup total
	4. 1-1/2 cups total
3. How many large strawberries does it take to equal a 1 cup serving?

|  |  |
| --- | --- |
| a. | 8 |
| b. | 10 |
| c. | 6 |
| d. | 4 |

1. Which of the following health benefits are attributed to eating more fruits and vegetables? (Check all that apply).
	1. Reduced risk of heart attack
	2. Lower levels of LDL cholesterol
	3. Reduced risk of macular degeneration
	4. Improved skin health
	5. Reduced risk of some types of cancer
2. Which of the following are types of taste buds found on the tongue?
	1. Sweet, salty, acidic, peppery
	2. Sweet, spicy, salty, bland
	3. Bitter, sour, salty, sweet
3. True or False. Giving vegetables a fun name such as “power peas” does not increase a child’s willingness to try them.
	1. True
	2. False
4. Which of the following is the least expensive snack to serve?
	1. Fruit and cheese kabobs
	2. Ritz Bits and 100% fruit juice
	3. Kiwi and yogurt
	4. Goldfish crackers and string cheese
5. Which of the following are good ideas for encouraging children to eat more fruits and vegetables? (Check all that apply)
	1. Let the children help prepare them
	2. Offer them more frequently
	3. Plan story and craft activities around the theme of fruits and vegetables
	4. Let the children help choose the fruits and vegetables to try
6. Which of the following tips help to keep produce fresher longer? (Check all that apply)
	1. Wash produce immediately and store refrigerated until ready to prepare
	2. Make sure refrigerator temperature is at 40 degrees F or below.
	3. Purchase produce free of bruised areas and visible damage
	4. Separate produce from meats, fish and poultry when bagging groceries
7. How many prepared (1/4 cup) servings do you get from 1 pound of frozen mixed vegetables?

|  |  |
| --- | --- |
| a. | 4 |
| b. | 6 |
| c. | 7 |
| d. | 8 |

# Return completed questionnaire to: Cool Kids CCEN

**12719 Indian Wells Dr Houston, Texas 77066**