

Thank you for agreeing to complete
the Youth Garden Project survey!

The questions you are about to complete are very important. Please answer the questions as best you can; there are no right or wrong answers. If something doesn't make sense or you have a question, please ask one of the Rochester Area Family Y staff or Stephanie Heim.

Your help with this project is greatly appreciated.

1. Please circle **two** answers for each food.

-Choose **No** or **Yes**;

-Then, choose **1** or **2** or **3** or **4** or **5**

		I have never eaten this food.	I have eaten this food.	I really do not like this food!	I do not like this food.	This food is OK.	I like this food a little.	I really like this food a lot!
a.	cucumbers	No	Yes	1	2	3	4	5
b.	lettuce	No	Yes	1	2	3	4	5
c.	spinach	No	Yes	1	2	3	4	5
d.	tomatoes	No	Yes	1	2	3	4	5
e.	sugar snap peas	No	Yes	1	2	3	4	5
f.	carrots	No	Yes	1	2	3	4	5
g.	beans	No	Yes	1	2	3	4	5
h.	radishes	No	Yes	1	2	3	4	5
i.	peppers	No	Yes	1	2	3	4	5
j.	zucchini	No	Yes	1	2	3	4	5
k.	beets	No	Yes	1	2	3	4	5
l.	apples	No	Yes	1	2	3	4	5
m.	strawberries	No	Yes	1	2	3	4	5
n.	raspberries	No	Yes	1	2	3	4	5
o.	melons (cantaloupe, musk melon)	No	Yes	1	2	3	4	5
p.	watermelon	No	Yes	1	2	3	4	5

2. When I get home from Discover Y Day Camp, I would prefer to have...

A.			B.	
1	my favorite fruit	OR	2	my favorite cookie
1	my favorite fruit	OR	2	my favorite candy bar
1	peanut butter on bread	OR	2	my favorite raw vegetable & dip
1	peanut butter on bread	OR	2	my favorite fruit
1	chips	OR	2	my favorite raw vegetable & dip
1	chips	OR	2	my favorite fruit
1	my favorite soda/pop	OR	2	my favorite fruit
1	my favorite candy bar	OR	2	my favorite raw vegetable & dip

3. How sure are you that you could...

		Not at all sure	Somewhat sure	Sure	Very sure
a.	Eat fruit for a snack when you are hungry?	1	2	3	4
b.	Eat fruit for dessert, even if there are cookies around?	1	2	3	4
c.	Eat vegetables at dinner, even if they are not your favorite kind?	1	2	3	4
d.	Eat fruit for a snack when you come home?	1	2	3	4
e.	Eat cut-up vegetables for a snack?	1	2	3	4

4. How much do you agree with the following statement:

		Disagree a lot	Disagree a little	Agree a little	Agree a lot
a.	I like the taste of most fruits.	1	2	3	4
b.	I like the taste of most vegetables.	1	2	3	4
c.	Most healthy foods don't taste that great.	1	2	3	4
d.	I like to have fruit for a snack.	1	2	3	4
e.	I like to have vegetables and dip for a snack.	1	2	3	4

5. In the last WEEK, did you ask someone in your family to...

		Yes	No	I don't have to ask. They already do this.
a.	prepare a fruit or vegetable for a meal?	1	2	3
b.	buy fruits or vegetables?	1	2	3
c.	have fruits or vegetables at home for snacks?	1	2	3
d.	have fruits or vegetables at home for breakfast?	1	2	3
e.	have fruits or vegetables at home for dinner?	1	2	3
f.	go with them shopping for fruits or vegetables?	1	2	3
g.	have fruits or vegetables out so you can reach them in your house?	1	2	3

6. How often are the following true?

		Hardly ever	Sometimes	Often	Almost always
a.	We have fruits and vegetables in my home.	1	2	3	4
b.	In my home, vegetables are served at meals.	1	2	3	4
c.	In my home, fruit is served for dessert.	1	2	3	4
d.	In my home, there is fruit available to have as a snack.	1	2	3	4
e.	In my home, there are vegetables available to have as a snack.	1	2	3	4
f.	In my home, there are cut-up vegetables in the fridge for me to eat.	1	2	3	4
g.	In my home, there is fresh fruit on the counter, table, or somewhere else where I can easily get it.	1	2	3	4