

**University of Minnesota**

**TEENS Project**

Division of Epidemiology  
School of Public Health

**CONSENT FORM**

You are being invited to be in a research project conducted by Dr. Leslie Lytle at the University of Minnesota, School of Public Health, with the support of your school. The purpose of the study is to gain insight into teachers' perceptions of the school food environment and to also learn more about teachers' food related practices in the classroom. You were selected as a participant because you are a 6th, 7th or 8th grade teacher.

Your participation involves completing the attached survey. If you agree to complete the survey, it will take about 20 minutes of your time.

There are no risks to participating in the study.

The records of this study will be kept private. In any sort of report we might publish, we will not include any information that will make it possible to identify a participant. Research records are kept in a locked file; only the research study staff will have access to the records.

If you do not wish to complete the survey, you may stop at any time. Your decision to participate will not affect any current or future relations with the University or with your school in any way.

Please contact Marti Kubik at (612) 626-7107, if you have any questions.

Thank you for participating in TEENS!

I AGREE TO COMPLETE THIS QUESTIONNAIRE.

SIGNATURE: \_\_\_\_\_

PRINT NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

# TEENS

## Teaching Staff Survey

### SECTION A: PERSONAL HEALTH

#### Thinking about my own health .....

	Strongly Disagree	Disagree	Agree	Strongly Agree	
1. I consider myself in good to excellent health.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	30
2. I am satisfied with my own eating habits.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	31
3. I limit the amount of high fat food items I eat.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	32
4. I limit the amount of high sugar items I eat and drink, like candy and soft drinks.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	33
5. Most days I eat five servings of fruits and vegetables.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	34
6. I am satisfied with the amount of physical activity I get.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	35

### SECTION B: PERSONAL EATING HABITS

How often do you <u>EAT</u> .....	1/MONTH or less	2-3 times a MONTH	1-2 times a WEEK	3-4 times a WEEK	5+ times a WEEK	
7. Hamburgers, ground beef, meat burritos, tacos	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	36
8. Beef or pork, such as steaks, roasts, ribs, or in sandwiches	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	37
9. Fried chicken	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	38
10. Hot dogs, or Polish or Italian sausage	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	39

How often do <u>you EAT</u> .....	1/MONTH or less	2-3 times a MONTH	1-2 times a WEEK	3-4 times a WEEK	5+ times a WEEK	
11. Cold cuts, lunch meats, ham (not low-fat)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	40
12. Bacon or breakfast sausage	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	41
13. Salad dressing (not low-fat)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	42
14. Margarine, butter, or mayo on bread or potatoes	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	43
15. Margarine, butter, or oil in cooking	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	44
16. Eggs (not Egg Beaters or just egg whites)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	45
17. Muffins or biscuits	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	46
18. Cheese, cheese spread (not low-fat)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	47
19. Whole milk	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	48
20. French fries, fried potatoes	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	49
21. Corn chips, potato chips, popcorn, crackers	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	50
22. Doughnuts, pastries, cake, cookies (not low-fat)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	51
23. Ice cream (not sherbet or non-fat)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	52
24. Fruit juice, like orange, apple, grape – fresh, frozen, or canned (not sodas or other drinks)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	53
25. Any fruit, fresh or canned (not counting juice)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	54
26. Vegetable juice, like tomato juice, V-8, carrot	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	55

How often do <u>you</u> <b>EAT</b> .....	1/MONTH or less	2-3 times a MONTH	1-2 times a WEEK	3-4 times a WEEK	5+ times a WEEK	
27. Green salad	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	56
28. Potatoes, any kind, including baked, mashed, or French fried	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	57
29. Vegetable soup, or stew with vegetables	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	58
30. Any other vegetables, including string beans, peas, corn, broccoli, or any other kind.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	59

**SECTION C: EATING HABITS AT SCHOOL**

How often do you .....

31. Eat the school lunch?

- 1  4 or more times per week
- 2  1-3 times per week
- 3  2-3 times per month
- 4  1 time per month or less
- 5  Never

60

**Please continue on the next page**

**How often do you .....**

**32. Purchase food items from vending machines at your school?**

- 1  4 or more times per week
- 2  1-3 times per week
- 3  2-3 times per month
- 4  1 time per month or less
- 5  Never
- 6  There are no food vending machines at my school.

Skip to Question 33

**32a) Purchase high fat or high sugar food items, like candy, chips, or cookies from school vending machines?**

- 1  4 or more times per week
- 2  1-3 times per week
- 3  2-3 times per month
- 4  1 time per month or less
- 5  Never
- 6  These items are not available in the vending machines at my school.

**32b) Purchase low fat items, like popcorn or pretzels, from school vending machines?**

- 1  4 or more times per week
- 2  1-3 times per week
- 3  2-3 times per month
- 4  1 time per month or less
- 5  Never
- 6  These items are not available in the vending machines at my school.

**33. Purchase beverage items from vending machines at your school?**

- 1  4 or more times per week
- 2  1-3 times per week
- 3  2-3 times per month
- 4  1 time per month or less
- 5  Never
- 6  There are no beverage vending machines at my school.

Skip to Question 34 - next page

**33a) Purchase sweetened soft drinks or fruit drinks, like Fruitopia or Capri Sun, from school vending machines?**

- 1  4 or more times per week
- 2  1-3 times per week
- 3  2-3 times per month
- 4  1 time per month or less
- 5  Never
- 6  These items are not available in the vending machines at my school.

**33b) Purchase 100% fruit juice, bottled water or skim or low fat milk drinks from school vending machines?**

- 1  4 or more times per week
- 2  1-3 times per week
- 3  2-3 times per month
- 4  1 time per month or less
- 5  Never
- 6  These items are not available in the vending machines at my school.

**How often do you .....**

**34. Purchase food or beverage items from the a la carte or snack line at school?**

- 1  4 or more times per week
- 2  1-3 times per week
- 3  2-3 times per month
- 4  1 time per month or less
- 5  Never
- 6  There is no a la carte line at my school.

Skip to Question 35 - next page

**34a) Purchase high fat or high sugar food items, like candy, chips or cookies from the school a la carte or snack line?**

- 1  4 or more times per week
- 2  1-3 times per week
- 3  2-3 times per month
- 4  1 time per month or less
- 5  Never
- 6  These items are not available on the a la carte or snack line at my school.

**34b) Purchase low fat items, like pretzels or bagels, from the school a la carte or snack line?**

- 1  4 or more times per week
- 2  1-3 times per week
- 3  2-3 times per month
- 4  1 time per month or less
- 5  Never
- 6  These items are not available on the a la carte or snack line at my school.

**34c) Purchase soft drinks or fruit drinks, like Fruitopia or Capri Sun, from the school a la carte or snack line?**

- 1  4 or more times per week
- 2  1-3 times per week
- 3  2-3 times per month
- 4  1 time per month or less
- 5  Never
- 6  These items are not available on the a la carte or snack line at my school.

**34d) Purchase bottled water, 100% fruit juice or low fat milk drinks from the school a la carte or snack line?**

- 1  4 or more times per week
- 2  1-3 times per week
- 3  2-3 times per month
- 4  1 time per month or less
- 5  Never
- 6  These items are not available on the a la carte or snack line at my school.

**SECTION D: CLASSROOM FOOD PRACTICES**

How often do <u>you</u> ...	2 or more times a day	1 time a day	1-3 times per week	2-3 times per month	1 time or less per month	Never	
35. Use candy as reward, incentive or as a special treat for students?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	72
36. Use pizza as reward, incentive or as a special treat for students?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	73
37. Use doughnuts or cookies as reward, incentive or as a special treat for students?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	74
38. Use low fat food items, like bagels or pretzels, as reward, incentive or as a special treat for students?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	75
39. Use fruits or vegetables as reward, incentive or as a special treat for students?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	76
40. Use sweetened drinks, like soft drinks or fruit drinks as reward, incentive or as a special treat for students?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	77
41. Use bottled water, 100% fruit juice or low fat milk drinks as reward, incentive or as a special treat for students?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	78
42. Give out food coupons, like Pizza Hut food coupons, as rewards or incentives to students?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	79
43. Allow students to drink soft drinks in the classroom?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	80
44. Allow students to eat food items (including candy) in the classroom?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	81
45. Withhold a food or beverage item from a student as punishment?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	82
46. Praise students when you see them eating healthier foods, such as fruit, fruit juice or low fat snack items?	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	83

## SECTION E: SCHOOL-WIDE FOOD PRACTICES

In your opinion ....	Strongly Disagree	Disagree	Uncertain	Agree	Strongly Agree	
47. The foods students eat during the school day affect their readiness to learn.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	84
48. Vending machines at school should offer only healthy food and beverage items.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	85
49. School prepared lunches are healthy.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	86
50. School lunch should include more fruits and vegetables.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	87
51. Food items from "fast food chains," such as McDonald's, Taco Bell and Pizza Hut, should be offered as school lunch alternatives in middle schools.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	88
52. Selling high fat, high sugar foods, such as candy and cookies, as part of school fundraising is okay because it helps provide revenue for school programs and school activities.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	89
53. Teens' eating behaviors are influenced by social pressures.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	90
54. It is important for schools to have a written "school nutrition policy" which addresses food related issues, such as food in the classroom or food selections in vending machines.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	91
55. High fat and high sugar foods are used as reward and incentive in the classroom because students prefer these kinds of foods.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	92
56. Teens in my school seem to eat fairly healthy diets.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	93

**In your opinion . . .**

Strongly Disagree      Disagree      Uncertain      Agree      Strongly Agree

57. If more healthy food and beverage items were available in vending machines or on the school a la carte or snack line, students would purchase them.      1       2       3       4       5       94
58. It is important to have a healthy school food environment.      1       2       3       4       5       95
59. More healthy food and beverage items should be offered in the vending machines and on the a la carte or snack line.      1       2       3       4       5       96
60. Parents of teens are concerned about the nutritional health of their children.      1       2       3       4       5       97
61. The eating behaviors of teachers influence the eating behaviors of students.      1       2       3       4       5       98
62. Food and beverage items available at school and school sponsored functions influence teen eating behaviors.      1       2       3       4       5       99
63. As a teacher, I can influence school food policy.      1       2       3       4       5       100
64. School prepared lunches are required to meet government nutritional standards.      1       2       3       4       5       101
65. Schools give adequate attention to student nutrition.      1       2       3       4       5       102
66. Most teachers use food (including candy) as a reward or incentive for students.      1       2       3       4       5       103
67. Food habits are determined before students reach middle school.      1       2       3       4       5       104
68. The nutritional health of students should be a school priority.      1       2       3       4       5       105

**In your opinion . . .**

	Strongly Disagree	Disagree	Uncertain	Agree	Strongly Agree	
69. School decisions about selling food items from fast food chains, like McDonald's, Taco Bell and Pizza Hut, should be made at the district level.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	106
70. Middle school students should be provided the foods they want at school.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	107
71. Teen eating behaviors are a priority issue to address during adolescence.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	108
72. The school environment (i.e. vending machines, classroom food rules, foods students see school staff eat) affects students' food choices.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	109
73. School decisions about vending machines and the food and beverage selections offered should be made at the district level.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	110
74. Nutrition education should give students the skills to make healthy food choices.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	111
75. It doesn't make sense to offer students only healthy foods in school when they can choose to eat whatever they want outside of school.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	112
76. Students should be able to buy soft drinks and candy at school.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	113
77. Fewer students eat the school prepared lunch as a result of vending machines, the a la carte or snack line, and cookies and candy sold during the school day for fundraising.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	114
78. A school breakfast program can help students be ready to learn.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	115
79. A school breakfast program can help reduce tardiness and absenteeism.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	116
80. Teen food habits affect their health as adults.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	117

**In your opinion . . .**

	Strongly Disagree	Disagree	Uncertain	Agree	Strongly Agree	
81. Schools should be commercial free areas where there is no advertising allowed.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	118
82. Product advertising on vending machines influences teens to purchase the advertised item.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	119
83. It is okay for schools to expect students to sell candy for fundraising purposes.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	120

**SECTION G: NUTRITION KNOWLEDGE****In your opinion ....**

	Strongly Disagree	Disagree	Uncertain	Agree	Strongly Agree	
84. Fruit drinks, like Fruitopia, Capri Sun and Sunny Delight, count as a fruit serving.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	121
85. It is okay for teens to drink lots of soft drinks because they need lots of extra calories to grow.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	122
86. Sport drinks are recommended for teens who are moderately active.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	123
87. The recommended number of servings of fruits and vegetables for teens is at least 5 servings per day.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	124
88. It is okay for teens to eat without worrying about fat because they need lots of extra calories to grow.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	125
89. Soft drinks are high in fat.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	126
90. Only fresh fruit and vegetables count towards the recommended five servings a day of fruit and vegetables.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	127
91. Most people who are lactose intolerant need to avoid all dairy products.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	128
92. Teens are at greater risk for developing eating disorders than they are for becoming obese.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	129

**SECTION H: DEMOGRAPHICS**

93. What year were you born?

19 |\_\_|\_\_|

130

94. Are you a male or a female?

1  Male

132

2  Female

95. What racial or ethnic group do you consider yourself?

1  American Indian/Alaskan Native

2  Asian

133

3  Black/African American

4  Hispanic/Latino

5  White/Caucasian

6  Other

96. What is the highest academic degree you have received?

1  Bachelors degree

2  Masters degree

134

3  Doctoral degree

97. How many years have you held your current position in this school?  
(Example: 3 years and 3 months, record as 03 years 03 months)

|\_\_|\_\_| years |\_\_|\_\_| months

135

98. How many years of teaching experience do you have?

|\_\_|\_\_| years |\_\_|\_\_| months

139

99. What grades are you currently teaching? Please indicate all that apply.

- a. 1  6<sup>th</sup> grade 143
- b. 1  7<sup>th</sup> grade 144
- c. 1  8<sup>th</sup> grade 145

100. What subjects are you currently teaching? Please indicate all that apply.

- a. 1  Reading 146
- b. 1  Math 147
- c. 1  Social studies 148
- d. 1  Science 149
- e. 1  Health 150
- f. 1  Physical education 151
- g. 1  Art 152
- h. 1  Music 153
- i. 1  Computers 154
- j. 1  Family & consumer science 155
- k. 1  Other, please specify \_\_\_\_\_ 156