Health Culture Self Survey

Directions: Circle yes or no to each question below.

1. I eat at least two types of vegetable each day. Yes No
2. I eat at least two types of fruit each day. Yes No
3. I eat/drink a dairy product at least twice a day. Yes No
4. I eat a meat/beans/eggs at least once a day. Yes No
5. I eat grains (bread/rice) twice a day. Yes No
6. I drink water at least three times a day. Yes No
7. I try not to drink soda when I’m thirsty. Yes No
8. I try not to eat junk food when I’m hungry. Yes No
9. I exercise for 30 minutes once a day. Yes No
10. I think it’s important to learn about my health. Yes No
11. I share with other people what I’m learning about health. Yes No
12. I like learning about my health. Yes No