# Home Health Survey

Take a look around your home—in the refrigerator, freezer, and cabinets—and write down what you find. Work with a family member if you’d like! Ask a parent/guardian to sign this worksheet before you bring it back to BHC!

Name: ____________________________

## Food

1. Most of the fruits and vegetables in my house are:
   - [ ] Fresh/raw
   - [ ] In cans
   - [ ] In another type of container

2. The way we usually cook our food is to:
   - [ ] Fry it
   - [ ] Grill it
   - [ ] Bake it
   - [ ] Other: ____________________________

3. I usually eat sweet stuff (like candy, cake, ice cream, etc.):
   - [ ] Every day
   - [ ] Every other day
   - [ ] Once a week
   - [ ] Not that much

4. Here are 5 foods that I found in my kitchen cabinets. I tried to find one from each food group: Grains, Vegetables, Fruits, Milk, and Meat & Beans.__________________________
   ____________________________
   ____________________________
   ____________________________
   ____________________________

Parent/Guardian Signature: ____________________________

## Exercise

5. Every day, I watch TV or play video games for about:
   - [ ] 2 hours or more
   - [ ] 1–2 hours
   - [ ] 30 minutes to 1 hour
   - [ ] 30 minutes or less
   - [ ] Not at all

6. Every day, the amount of time I spend exercising (actively playing, etc.) is:
   - [ ] 2 hours or more
   - [ ] 1–2 hours
   - [ ] 30 minutes to 1 hour
   - [ ] Less than 30 minutes

9. I think learning about my health is:
   - [ ] Important
   - [ ] Not that important
   - [ ] Doesn’t really matter