

### EFNEP Questionnaire Items Addressed by Lesson

EFNEP Questionnaire Item:	Lesson								
	#1 Welcome	#2 Get Moving	#3 Plan, Shop, \$ave	#4 Fruits & Veggies	#5 Grains	#6 Go Lean with Protein	#7 Build Strong Bones	#8 Make a Change	#9 Celebrate
1) How many times a day do you eat fruit?				x					x
2) How many times a day do you eat vegetables?				x					x
3) How many different kinds of vegetables do you usually eat a day?				x					x
4) How many times a day do you drink milk or soymilk?							x		x
5) Over the last week, how many days did you eat red and orange vegetables?				x					x
6) Over the last week, how many days did you eat dark green vegetables?				x					x
7) Over the last week, how many days did you eat beans and peas?						x			x
8) Over the last week, how many days did you eat yogurt or drink smoothies with yogurt?							x		x
9) Over the last week, how many days did you eat cereal with milk?							x		x

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10) How many days a week do you cook dinner (your main meal) at home?			x						x
11) How often do you drink regular sodas (not diet)?								x	x
12) In the past week, how many days did you exercise for at least 30 minutes?		x	x	x	x	x	x	x	x
13) In the past week, how many days did you do workouts to build and strengthen your muscles?		x	x	x	x	x	x	x	x
14) How often do you make small changes on purpose to be more active?		x							x
15) How often do you wash your hands with soap and running water before preparing food?	x	x	x	x	x	x	x	x	x
16) After cutting raw meat or seafood, how often do you wash all items and surfaces that came in contact with these foods?						x			x
17) How often do you thaw frozen food on the counter or in the sink at room temperature?						x			x
18) How often do you use a meat thermometer to see if meat is						x			x

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cooked to a safe temperature?									
19) How often do you compare food prices to save money?			x						
20) How often do you plan your meals before you shop for groceries?			x						
21) How often do you look in the refrigerator or cupboard to see what you need before you go shopping?			x						
22) How often do you make a list before going shopping?			x						
23) How often do you use food coupons for food purchases?			x						
24) How often do you use a written weekly or monthly food spending plan?			x						
25) How often do you budget enough money for food purchases?			x						
26) How often do you check for sales on foods before you shop?			x						
27) How often do you check for food items on sale when you are at the store?			x						

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28) The food that I bought just didn't last, and I didn't have money to get more.			x						x
29) I couldn't afford to eat balanced meals.			x						x
30) Did you ever cut the size of your meals or skip meals because there wasn't enough money for food?			x						x