

A Children's Taste of African Heritage Student **ENTRANCE** Survey



Name:

Age:

Teacher:

Date:

Please fill in one bubble for each question.

This past week, have you eaten...	No, not this week	Yes, 1-2 times	Yes, 3+ times
A meal that someone at home cooked? (not frozen food or carryout)			
A lunch or dinner that didn't have any meat?			
Vegetables at home? (like salads, greens like spinach and collards, and vegetables like carrots, peppers, or broccoli)			
Whole grains at home? (like whole wheat bread, brown rice, wild rice, oatmeal, quinoa, or millet)			
Beans, lentils, or hummus at home? (like black beans, chickpeas, or baked beans)			
Potatoes, sweet potatoes, yams, or cassava/yuca? (not French fries or potato chips)			
Fruits like bananas, apples, pineapple, mango, watermelon, or berries? (not fruit juice)			
This past week, did you...	No, not this week	Yes, 1-2 times	Yes, 3+ times
Help someone cook a meal at home?			
Play outside or do something active? (like running, jumping, playing sports, or dancing)			

