

Healthy Kids Survey

1 Do you eat breakfast every day? yes no

2 How many fruits and vegetables do you eat every day?

3 How many times per week do you eat at home with your family?

4 Do you drink sugar-sweetened drinks (like soda, tea, fruit, or sports drinks) each day? yes no

5 How much water do you drink every day?

6 What kind of milk do you like to drink? skim 1% 2% whole

7 What kinds of physical activity do you like to do in or outside of school?

8 How much time do you spend each day doing these activities?

9 How many hours per day do you spend watching TV, playing video games, or being on the computer?

10 Do you have a TV or computer in your room? yes no

Would you, or your parent or caregiver, like to talk to your doctor about how the answers to these questions can affect your health? yes no



A plan for life.