



## Texas 4-H Foods and Nutrition Project

Dear Participant:

You have been given this survey because you have participated in a 4-H Food and Nutrition program or project. Texas 4-H would like to learn about you and your experiences in this project. Your answers are important and they will be kept private. There is no right or wrong answer, so please answer all questions honestly. Thank you for your help

1. After participating in the 4-H Foods and Nutrition Project:	Yes	Not Really	No
Do you pay attention to how much fruit you eat each day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you pay attention to how many vegetables you eat each day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you pay attention to how much water you drink each day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you pay attention to the food label for the food you eat?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you try to make healthy food choices?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. After participating in the 4-H Foods and Nutrition Project:	Yes	Sort of	No
Are you more comfortable speaking with others?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Are you more confident in your abilities as a leader?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Are you more comfortable working in a team?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Are you more willing to listen to others?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### 3. What has been the most important thing you have learned by being involved in 4-H?

### 4. What grade are you in? *If it is summer break, which grade will you be starting in the fall?*

- 3rd  
  4th  
  5th  
  6th  
  7th  
  8th  
  9th  
  10th  
  11th  
  12th

### 5. Which of the following best describes your gender?

- Male (boy)  
  Female (girl)

### 6. Which of the following best describes your race?

- Asian                                       Native Hawaiian / Other Pacific Islander  
 Black or African American               White or Caucasian  
 Hispanic or Latino                               More than one race  
 Native American

**Thank you very much!**  
**Please return this form as directed.**

