

WIC Family ID Number

Study Number

KNOWLEDGE ABOUT FRUITS AND VEGETABLES (ENGLISH)
(Excerpted from the California Dietary Practices Survey)

1.) Would you say you are now eating MORE, the SAME amount, or FEWER fruits and vegetables than you were a year ago?

- More
- Same
- Fewer
- DON'T KNOW/NOT SURE
- REFUSED

2.) How would you rate your current consumption of fruits and vegetables? Would you say it is... (READ LIST)

- Very high
- High
- Middle
- Low
- Very low
- DON'T KNOW/NOT SURE
- REFUSED

3.) For how long have you followed a diet that is high in fruits and vegetables? (**FILL IN THE NUMBERS.**)

- _____ Days
- _____ Weeks
- _____ Months
- _____ Years
- NOT APPLICABLE

4.) Do you think you eat the right amount of fruits AND vegetables now, or do you think you should eat more?

- RIGHT AMOUNT
- SHOULD EAT MORE
- DON'T KNOW/NOT SURE
- REFUSED

5.) How many total servings of fruits and vegetables do YOU think YOU should eat every day for good health? (PAUSE) That's a combined total of BOTH fruits and vegetables?

- _____ (Enter number)
- DON'T KNOW/NOT SURE
 - REFUSED

6.) Are you PLANNING to eat more fruits and vegetables over the next 6 months?

- YES
- NO
- DON'T KNOW/NOT SURE
- REFUSED

7.) Are you currently TRYING to eat more fruits and vegetables?

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- YES
- NO
- DON'T KNOW/NOT SURE
- REFUSED

8.) How certain are you that you will eat more fruits and vegetables during the next six months?
(NOTE: READ CATEGORIES, BUT NOT THOSE IN CAPS)

- Very certain
- Somewhat certain
- Not certain
- DON'T KNOW/NOT SURE
- REFUSED

9.) What is the ONE main reason why you eat fruits and vegetables?
(NOTE: READ CATEGORIES, BUT NOT THOSE IN CAPS)

- Decrease risk of disease (cancer, heart disease, high cholesterol)
- Weight reduction/control
- Lifestyle change (moved, getting married, having children)
- Trying to eat healthier foods
- Availability
- Taste
- My children/family/friends want me to
- Right thing to do
- To set an example for my family
- Other (specify): _____
- DON'T KNOW/NOT SURE
- REFUSED

10.) What is ANOTHER reason why you eat fruits and vegetables? (NOTE: READ CATEGORIES, BUT NOT THOSE IN CAPS)

- Decrease risk of disease (cancer, heart disease, high cholesterol)
- Weight reduction/control
- Lifestyle change (moved, getting married, having children)
- Trying to eat healthier foods
- Availability
- Taste
- My children/family/friends want me to
- Right thing to do
- To set an example for my family
- Other (specify): _____
- DON'T KNOW/NOT SURE
- REFUSED

NOW I AM GOING TO READ SOME REASONS THAT PEOPLE HAVE FOR EATING FRUITS AND VEGETABLES. PLEASE SAY WHETHER YOU AGREE OR DISAGREE THAT THIS IS A REASON FOR YOU.

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11.) I eat fruits and vegetables because then I feel like I'm doing the right thing. (PROMPT: Do you AGREE or DISAGREE with this statement?)

-] AGREE
-] DISAGREE
-] DON'T KNOW/NOT SURE
-] REFUSED

12.) I eat fruits and vegetables to set an example for my family (spouse/children). (PROMPT: Do you AGREE or DISAGREE with this statement?)

-] AGREE
-] DISAGREE
-] DON'T KNOW/NOT SURE
-] REFUSED

13.) I think I can get my family to eat more fruits and vegetables. (PROMPT: Do you AGREE or DISAGREE with this statement?)

-] AGREE
-] DISAGREE
-] DON'T KNOW/NOT SURE
-] REFUSED

14.) I feel like I have more energy when I eat fruits and vegetables. (PROMPT: Do you AGREE or DISAGREE with this statement?)

-] AGREE
-] DISAGREE
-] DON'T KNOW/NOT SURE
-] REFUSED

NOW I AM GOING TO READ REASONS FOR NOT EATING VERY MANY FRUITS AND VEGETABLES. PLEASE SAY IF YOU AGREE OR DISAGREE IF THIS STATEMENT IS A REASON FOR YOU.

15.) It's hard to buy fruits and vegetables at restaurants or fast food places. (PROMPT: For yourself, do you AGREE or DISAGREE?)

-] AGREE
-] DISAGREE
-] DON'T KNOW/NOT SURE
-] REFUSED

16.) It's hard to get fruits and vegetables at work, like in the cafeteria, vending machines, food trucks, or nearby restaurants. (PROMPT: For yourself, do you AGREE or DISAGREE?)

-] AGREE
-] DISAGREE
-] DON'T KNOW/NOT SURE
-] REFUSED

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17.) Fruits and vegetables are too expensive. (PROMPT: For yourself, do you AGREE or DISAGREE?)

-] AGREE
-] DISAGREE
-] DON'T KNOW/NOT SURE
-] REFUSED

18.) When shopping, I 'm not sure how to tell if fruits and vegetables are of good quality. (PROMPT: For yourself, do you AGREE or DISAGREE?)

-] AGREE
-] DISAGREE
-] DON'T KNOW/NOT SURE
-] REFUSED

19.) Other people in my family don't like fruits and vegetables. (PROMPT: For yourself, do you AGREE or DISAGREE?)

-] AGREE
-] DISAGREE
-] DON'T KNOW
-] REFUSED

20.) Vegetables take too much time to prepare and cook. (PROMPT: For yourself, do you AGREE or DISAGREE?)

-] AGREE
-] DISAGREE
-] DON'T KNOW/NOT SURE
-] REFUSED

21.) There are a lot of fruits and vegetables that I'm not sure how to fix. (PROMPT: For yourself, do you AGREE or DISAGREE?)

-] AGREE
-] DISAGREE
-] DON'T KNOW/NOT SURE
-] REFUSED

22.) I don't like fruits and vegetables that much. (PROMPT: For yourself, do you AGREE or DISAGREE?)

-] AGREE
-] DISAGREE
-] DON'T KNOW/NOT SURE
-] REFUSED

23.) I'm not in the habit of eating very many fruits and vegetables. (PROMPT: For yourself, do you AGREE or DISAGREE?)

-] AGREE
-] DISAGREE
-] DON'T KNOW/NOT SURE
-] REFUSED

END