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## **GRADE 5 SURVEY**

### ***PART 1: School Garden Knowledge Questions <sup>i</sup>***

TEACHER SCRIPT: Keep your eyes on me and I will tell you the directions for this survey. We are going to read each question and all of the possible answers very carefully together, and then you will choose one answer. You will write answers on your own, so make sure to write what you think, not what anybody else thinks.

- 1. What are the five basic food groups?**
  - a. Cereal, bread, lasagna, carrot, apple
  - b. Chicken, milk, pasta, cookies, vegetables
  - c. Fruit, vegetables, protein, dairy, grains
  - d. Tortillas, beans, tomatoes, cheese, rice
  
- 2. What does calcium do for us?**
  - a. Helps us to run faster
  - b. Helps us digest our food faster
  - c. Makes our eyes weak
  - d. Makes our teeth and bones strong
  
- 3. What types of foods in the grains group are the healthiest?**
  - a. Pasta
  - b. Whole grain bread (brown bread)
  - c. White bread
  - d. White rice
  
- 4. What is the best environment for earthworms to live in?**
  - a. In the sunlight
  - b. In dark, moist, soil
  - c. In a pile of weeds
  - d. In dry, light, sand
  
- 5. What type of milk has 0 grams of fat?**
  - a. Whole milk
  - b. 2% milk
  - c. Non-fat milk
  - d. 2% chocolate milk

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**6. What food is in the protein food group?**

- a. Beans
- b. Oranges
- c. Whole grain bread
- d. Rice

**7. Which of the following is a way a seed can travel?**

- a. By wind
- b. By humans
- c. By animals
- d. All of the above

**8. The 3 R's are Reduce, Reuse and Recycle. What is one example of Reusing?**

- a. Throwing away boxes
- b. Using a water bottle more than once
- c. Singing your favorite song
- d. Throwing away your water bottles

**9. When you dehydrate foods for later use, what are you doing to the food?**

- a. Removing water from the foods
- b. Making the food rot faster
- c. Adding water to the foods
- d. Making the food expand

**10. How can you use your body to measure one serving of meat?**

- a. A serving of meat is about the size of two fingers
- b. A serving of meat is about the size of your arm
- c. A serving of meat is about the size of the palm of your hand
- d. A serving of meat is about the size of both your hands

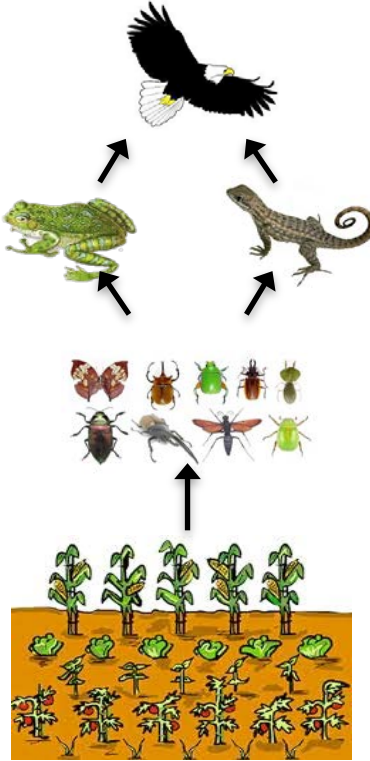
**11. What is the term for when seeds begin to sprout and grow?**

- a. Termination
- b. Germination
- c. Seed Coat
- d. Evaporation

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12. Look at the food chain below. How is the eagle affected if toxins or pesticides are sprayed on the garden?



- a. The toxins are good for the eagle
- b. The toxins only affect the frog
- c. The toxins do not harm the eagle
- d. The toxins travel through the food chain and make the eagle sick

13. \_\_\_\_\_ is the wearing away of rocks and soil on the earth's surface by water, ice and wind.

- a. Germination
- b. Digestion
- c. Erosion
- d. Allocation

14. What is an example of a natural resource?

- a. A cardboard box
- b. Water from a stream
- c. Food from a grocery store
- d. A plate of spaghetti

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**15. Why are whole grains better for you than processed grains?**

- a. Whole grains have a lot of sugar
- b. Whole grains have more nutrients in them
- c. Whole grains have a lot of fat
- d. Whole grains have a lot of salt

**16. What part of the body takes in most of the vitamins and minerals from the food you eat?**

- a. The skin
- b. The heart
- c. The small intestine
- d. The lungs

**17. Plants make a gas that humans breathe in and that we need to live. What is it called?**

- a. Oxygen
- b. Nitrogen
- c. Pesticide
- d. Helium

**18. How do flowers attract pollinators?**

- a. By the weeds growing next to them
- b. By the soil in which they are growing
- c. By the vegetables growing next to them
- d. By their smell and bright colors

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19. Look at the food label below. There are 9 grams of sugar, how many teaspoons is that?

- a. 2 tsp
- b. 10  $\frac{1}{2}$  tsp
- c. 5 tsp
- d. 9 tsp

<b>Nutrition Facts</b>		
Serving size: 1 serving (219 g)		
Amount Per Serving		
<b>Calories</b>	740	Calories from fat 380
% Daily Value		
<b>Total Fat</b>	<b>42 (10 <math>\frac{1}{2}</math> tsp)</b>	<b>65%</b>
Saturated Fat 19g 95%		
<b>Cholesterol</b>	<b>155mg</b>	<b>52%</b>
<b>Sodium</b>	<b>1380mg</b>	<b>57%</b>
<b>Total Carbohydrate</b>	<b>40 g</b>	<b>13%</b>
Dietary fiber 3g 12%		
Sugars 9g (2 tsp)		
<b>Protein 48g</b>		
<b>Vitamin A</b>	<b>10%</b>	<b>Vitamin C 4%</b>
<b>Calcium</b>	<b>30%</b>	<b>Iron 35%</b>

Percent Daily Values are Based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs.

20. \_\_\_\_\_ provide energy for your body.

- a. Calories
- b. Pesticides
- c. Flowers
- d. Your bones

21. Vitamin C is found in oranges, how does it help our bodies?

- a. Helps to heal cuts
- b. Helps your immune system
- c. Helps to heal burns
- d. All of the above

22. Which of the following on a nutrition label should be high?

- a. Vitamins, minerals, fiber, protein
- b. Fat
- c. Sugar
- d. Calories

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**PART 2: Nutrition and Gardening Attitude Questions <sup>ii</sup>**

**WATER**

TEACHER SCRIPT: We are going to read each question and all of the possible answers very carefully together, and then you will choose one answer. You will write answers on your own, so make sure to write what you think, not what anybody else thinks. There are no right or wrong answers.

**1. How much do you like water?**

- a. A lot
- b. A little
- c. Not very much
- d. None at all

**2. It is fun to drink water.**

- a. Always
- b. Sometimes
- c. Never

**3. Drinking water makes me feel good.**

- a. Always
- b. Sometimes
- c. Never

**4. How important is it for you to drink water every day?**

- a. Really important
- b. Sort of important
- c. Not really important
- d. Not important at all




**5. If I had a choice between drinking water and drinking soda, I would choose water.**

- a. Always
- b. Sometimes
- c. Never

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**VEGETABLES<sup>1</sup>**

**INSTRUCTIONS:** We are going to read each item carefully together. Choose one circle for each food that best describes how it tastes to you. Fill in the circle all the way.

<b>Foods I am Rating</b>	<b>I like it</b>	<b>It's okay</b>	<b>I don't like it</b>	<b>I've never tried it</b>
 Lettuce	 I like it	 It's okay	 I don't like it	 I've never tried it
 Carrots	 I like it	 It's okay	 I don't like it	 I've never tried it
 Zucchini	 I like it	 It's okay	 I don't like it	 I've never tried it
 Spinach	 I like it	 It's okay	 I don't like it	 I've never tried it
 Radish	 I like it	 It's okay	 I don't like it	 I've never tried it
 Cauliflower	 I like it	 It's okay	 I don't like it	 I've never tried it
 Peas / Snap Peas	 I like it	 It's okay	 I don't like it	 I've never tried it
 Bell pepper	 I like it	 It's okay	 I don't like it	 I've never tried it

<sup>1</sup> FoodCorps Questions – PY 15 Vegetable Preference Survey  
ESG Survey GRADE 5, updated 9-1-16

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<b>Foods I am Rating</b>	<b>I like it</b>	<b>It's okay</b>	<b>I don't like it</b>	<b>I've never tried it</b>
 Tomato	 I like it	 It's okay	 I don't like it	 I've never tried it
 Green beans	 I like it	 It's okay	 I don't like it	 I've never tried it
 Kale	 I like it	 It's okay	 I don't like it	 I've never tried it
 Beets	 I like it	 It's okay	 I don't like it	 I've never tried it
 Bok choy	 I like it	 It's okay	 I don't like it	 I've never tried it
 Sweet potato	 I like it	 It's okay	 I don't like it	 I've never tried it
 Broccoli	 I like it	 It's okay	 I don't like it	 I've never tried it
 Cucumber	 I like it	 It's okay	 I don't like it	 I've never tried it
 Blue Corn	 I like it	 It's okay	 I don't like it	 I've never tried it
 Chile Peppers	 I like it	 It's okay	 I don't like it	 I've never tried it



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**GARDENING**

TEACHER SCRIPT: We are going to read each question and all of the possible answers very carefully together, and then you will choose one answer. You will write answers on your own, so make sure to write what you think, not what anybody else thinks. There are no right or wrong answers.

**24. It is fun to grow fruits and vegetables in a garden.**

- a. Strongly agree
- b. Agree
- c. Disagree
- d. Strongly disagree

**25. I would like to start a garden where I live.**

- a. Strongly agree
- b. Agree
- c. Disagree
- d. Strongly disagree

**26. I like to eat fruits and vegetables from the garden.**

- a. Strongly agree
- b. Agree
- c. Disagree
- d. Strongly disagree

**27. I would grow a garden even if it is a lot of work.**

- a. Strongly agree
- b. Agree
- c. Disagree
- d. Strongly disagree

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### ***PART 3: Nutrition and Gardening Behavior Questions <sup>iii</sup>***

TEACHER SCRIPT: We are going to read each question and all of the possible answers very carefully together, and then you will choose one answer. You will write answers on your own, so make sure to write what you think, not what anybody else thinks. There are no right or wrong answers.

#### **WATER**

- 1. What do you drink most often?**
  - a. Water
  - b. Soda
  - c. Kool-Aid
  - d. Sports drinks (like Gatorade)
  - e. Energy drinks (like Monster)
  - f. Milk
  - g. Fruit juice
  - h. Tea
  
- 2. Think about the past week. About how much WATER did you drink each DAY?**
  - a. None or 1 cup of water each day
  - b. 2-3 cups of water each day
  - c. 4-5 cups of water each day
  - d. 6 or more cups of water each day
  
- 3. In the past week, did you drink more water than soda?**
  - a. Always
  - b. Sometimes
  - c. Never
  
- 4. I try to drink a lot of water each day.**
  - a. Always
  - b. Sometimes
  - c. Never

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**FRUITS and VEGETABLES**

**The following questions are asking about how much fruits and vegetables you ate IN THE PAST WEEK:**

**5. How much FRUIT did you eat each DAY?**

- a. None or 1 serving of fruit each day
- b. 2 servings of fruit each day
- c. 3 servings of fruit each day
- d. 4 or more servings of fruit each day

**6. How many VEGETABLES did you eat each DAY?**

- a. None or 1 serving of vegetables each day
- b. 2 servings of vegetables each day
- c. 3 servings of vegetables each day
- d. 4 or more servings of vegetables each day

**7. I try to eat a lot of fruits each day.**

- a. Always
- b. Sometimes
- c. Never

**8. I try to eat a lot of vegetables each day.**

- a. Always
- b. Sometimes
- c. Never

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***PART 4: Nutrition and Gardening Self-efficacy and Communication*** <sup>iv</sup>

1. **I can ask for water instead of soda when I am thirsty.**
  - a. Always
  - b. Sometimes
  - c. Never
  
2. **I can drink water even if others around me are drinking soda.**
  - a. Always
  - b. Sometimes
  - c. Never
  
3. **I share what I learn about drinking water with my family and friends.**
  - a. Always
  - b. Sometimes
  - c. Never
  
4. **It is easy for me to eat fruits and vegetables each day.**
  - a. Always
  - b. Sometimes
  - c. Never
  
5. **I can make sure that I eat at least 5 fruits and vegetables each day.**
  - a. Always
  - b. Sometimes
  - c. Never
  
6. **I share what I learn about fruits and vegetables with my family and friends.**
  - a. Always
  - b. Sometimes
  - c. Never

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7. **It is easy for me to do gardening.**
  - a. Always
  - b. Sometimes
  - c. Never
  
8. **I can grow fruits and vegetables where I live.**
  - a. Always
  - b. Sometimes
  - c. Never
  
9. **I feel connected to my culture and the traditional ways of gardening and farming.**
  - a. Always
  - b. Sometimes
  - c. Never
  
10. **I share what I learn about gardening with my family and friends.**
  - a. Always
  - b. Sometimes
  - c. Never
  
11. **I learn new words in my native language when I'm in School Garden classes.**
  - a. Always
  - b. Sometimes
  - c. Never

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**PART 5: Student Feedback**

**TEACHER NOTE: ASK THESE FEEDBACK QUESTIONS ONLY AT THE MID AND POST TIMEPOINTS. DO NOT ASK THESE QUESTIONS AT THE PRE TIMEPOINT. THESE QUESTIONS SHOULD BE ASKED SEPARATELY FROM THE REST OF THE SURVEY, DURING THE LAST CLASS SESSION OF EACH SEMESTER.**

1. WHAT DO YOU LIKE **MOST** ABOUT THE SCHOOL GARDEN PROGRAM? PLEASE WRITE YOUR RESPONSE OR DRAW A PICTURE BELOW TO TELL US **WHAT YOU LIKE THE MOST**.

2. WHAT DO YOU LIKE **LEAST** ABOUT THE SCHOOL GARDEN PROGRAM? PLEASE WRITE YOUR RESPONSE OR DRAW A PICTURE BELOW TO TELL US **WHAT YOU LIKE THE LEAST**.

<sup>i</sup> Knowledge questions were created by the project team, based on curriculum content.

<sup>ii</sup> Water and gardening attitude questions were created by the project team. Vegetable attitude questions are from the Vegetable Preference Survey, required by FoodCorps.

<sup>iii</sup> Garden behavior questions were created by the project team. Nutrition behavior questions were adapted based on the Starting the Conversation Questionnaire and the Youth Adolescent Food Frequency Questionnaire:

Paxton et al. Starting the Conversation: Performance of a brief dietary assessment and intervention tool for health professionals. *Am J Prev Med.* 2011;40(1):67-71

Rockett HR et al. Validation of a youth/adolescent food frequency questionnaire. *Prev Med.* 1997;26(6):808-816.

<sup>iv</sup> Self-efficacy and communication questions were created by the project team.