

**Eating Survey Results  
Pre-Test  
&  
Post Test**



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# EATING SURVEY

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[Eating Pre – Post Test]

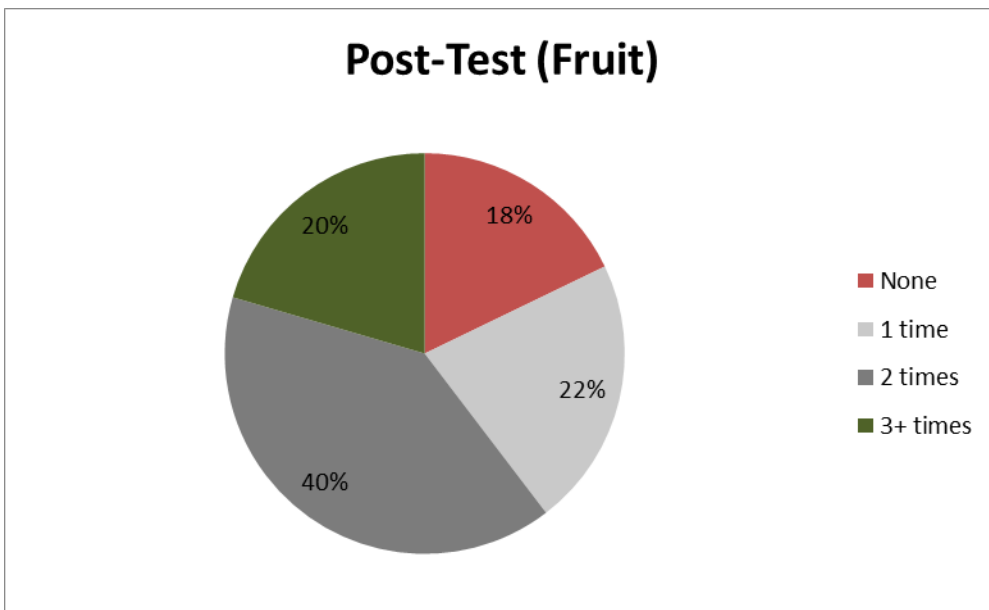
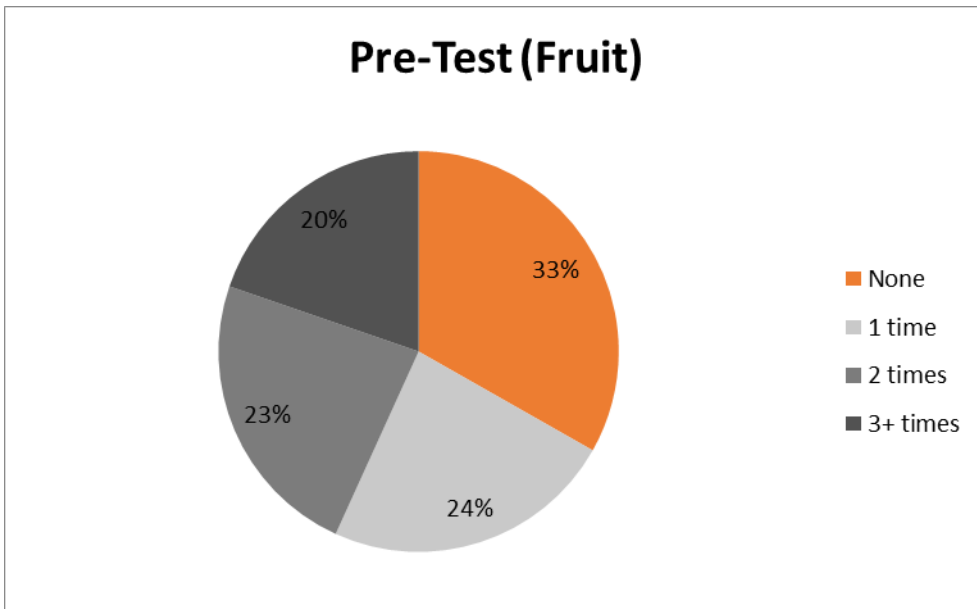
2014-2015  
IPS  
MONUMENTAL KIDS MOVEMENT

Please choose only one answer per question  
 Please answer question by circling one letter.

Fruit Consumption	Pre-Test	Post-Test	Pre-Test	Post-Test
None	266	177	33%	18%
1 time	189	216	24%	22%
2 times	188	396	23%	40%
3+ times	158	203	20%	20%
Total tested	801	992		

1. Yesterday did you eat fruit? (Do not count fruit juice.)

- No I did not eat any did not eat fruit
- Yes I ate fruit one time
- Yes I ate fruit 2 times yesterday
- Yes I ate fruit 3 or more times yesterday

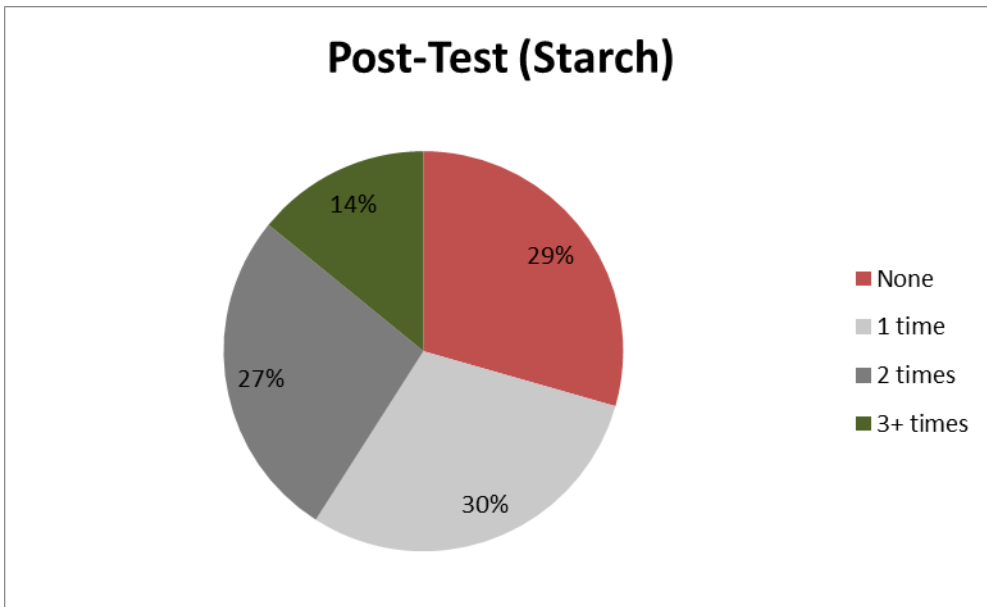
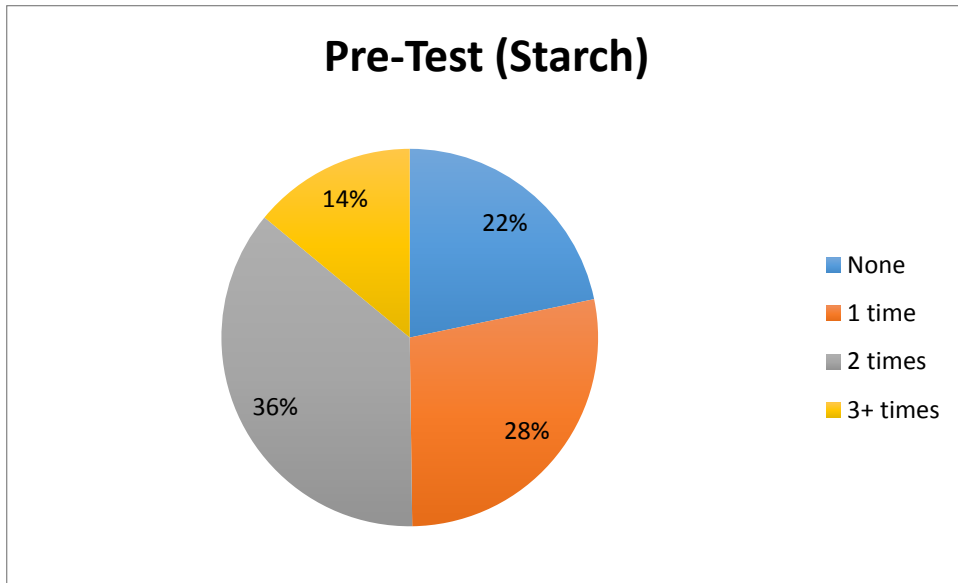


2. Yesterday, did you eat any starchy vegetables like potatoes, corn, or peas?

**Do not count french-fries or chips.**

- No, I didn't eat any of the foods listed above yesterday.
- Yes, I ate one of these foods **1 time** yesterday.
- Yes, I ate one of these foods **2 times** yesterday.
- Yes, I ate one of these foods **3 or more times** yesterday.

Starch Consumption	Pre-Test	Post-Test	Pre-Test	Post-Test
None	155	294	22%	29%
1 time	200	296	28%	30%
2 times	258	268	36%	27%
3+ times	100	141	14%	14%
Total tested	713	999		

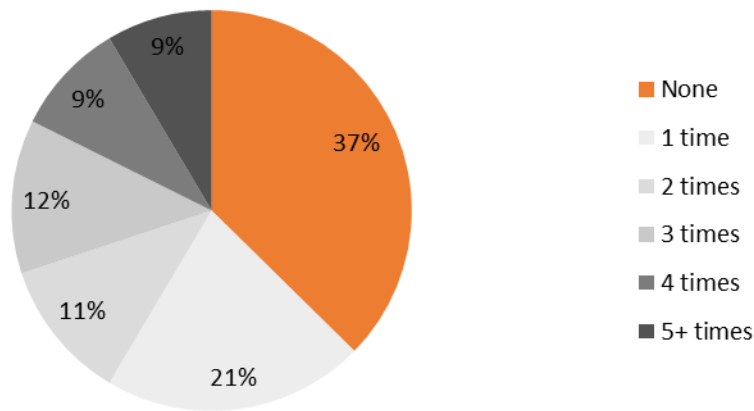


3. Yesterday, did you eat any **orange vegetables** like carrots, squash or sweet potatoes?

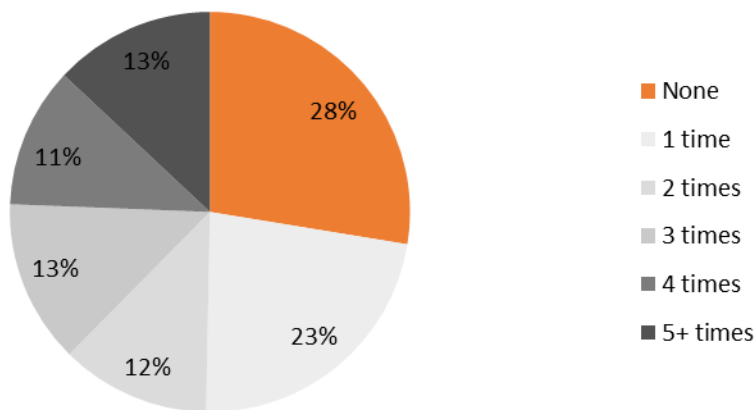
- No, I didn't eat any orange vegetables yesterday.
- Yes, I ate orange vegetables **1 time** yesterday.
- Yes, I ate orange vegetables **2 times** yesterday.
- Yes, I ate orange vegetables **3 times** yesterday.
- Yes, I ate orange vegetables **4 times** yesterday.
- Yes, I ate orange vegetables **5 or more times** yesterday.

Orange Vegetable Consumption	Pre-Test	Post-Test	Pre-Test	Post-Test
None	328	267	37%	28%
1 time	186	220	21%	23%
2 times	100	117	11%	12%
3 times	109	128	12%	13%
4 times	80	110	9%	11%
5+ times	75	126	9%	13%
Total Tested	878	968		

**Pre-Test (Orange)**



**Post-Test (Orange)**

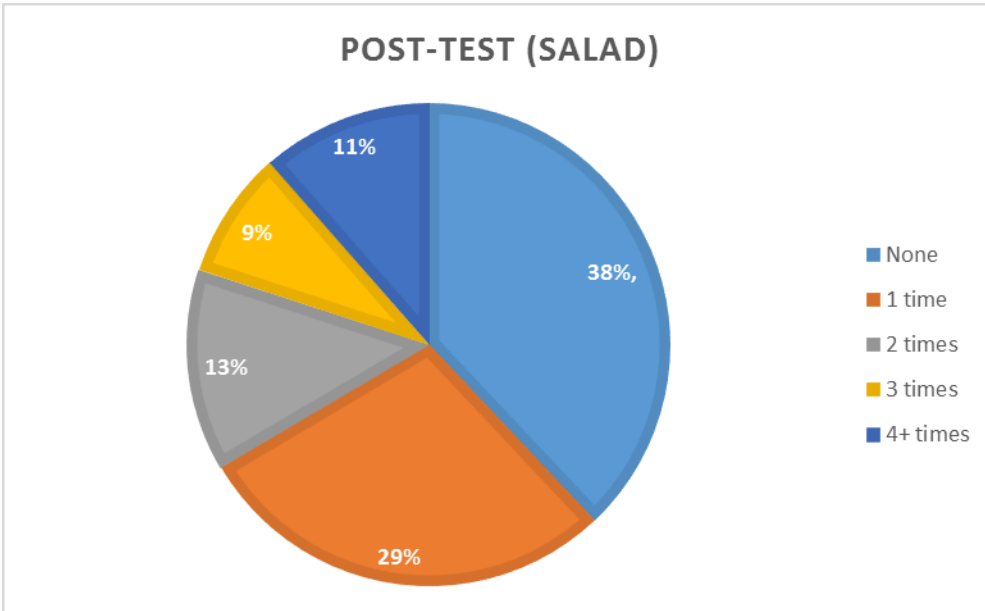
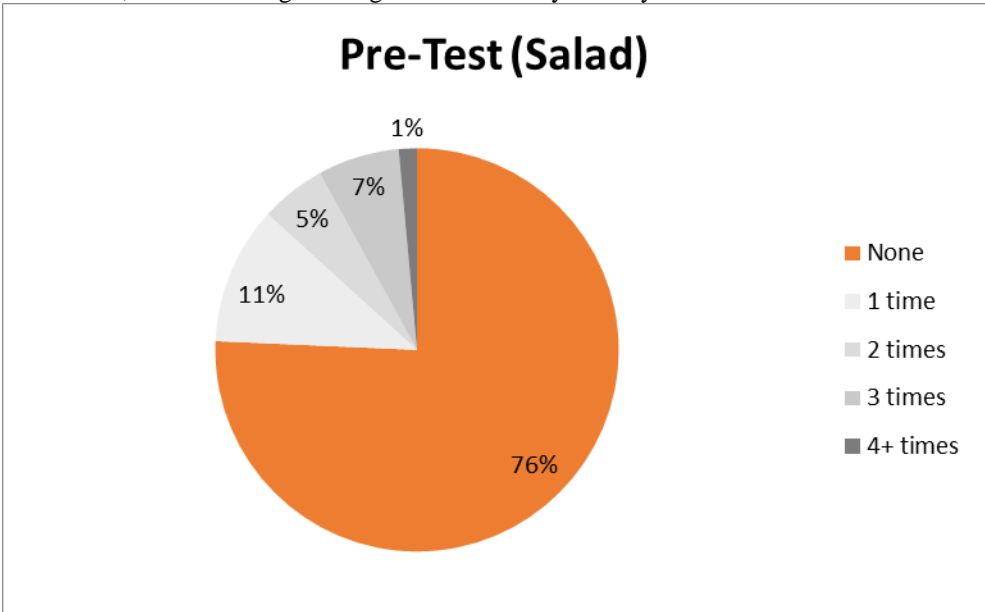


\*Slight increase in eating orange vegetables after program started throughout program.

4. Yesterday, did you eat a **salad made with lettuce, or any green vegetables** like spinach, green beans, broccoli, or other greens?

- No, I didn't eat any salad or green vegetables yesterday.
- Yes, I ate salad or green vegetables **1 time** yesterday.
- Yes, I ate salad or green vegetables **2 times** yesterday.
- Yes, I ate salad or green vegetables **3 times** yesterday.
- Yes, I ate salad or green vegetables **4 times** yesterday.

Salad & Green Vegetable Consumption	Pre-Test	Post-Test	Pre-Test	Post-Test
None	520	382	76%	38%
1 time	76	287	11%	29%
2 times	36	136	5%	14%
3 times	45	86	7%	9%
4+ times	10	115	1%	11%
Total Tested	687	1006		

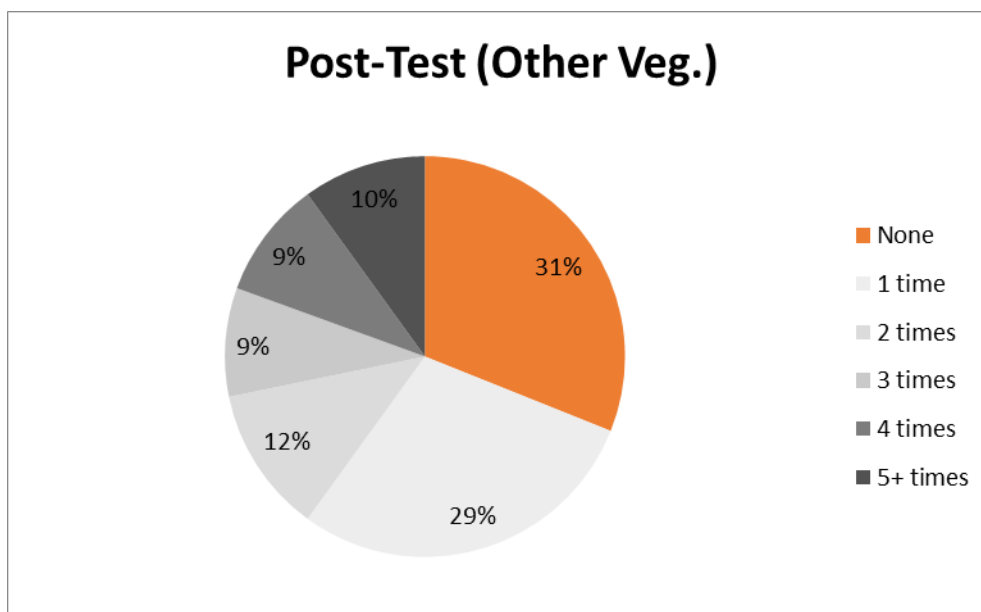
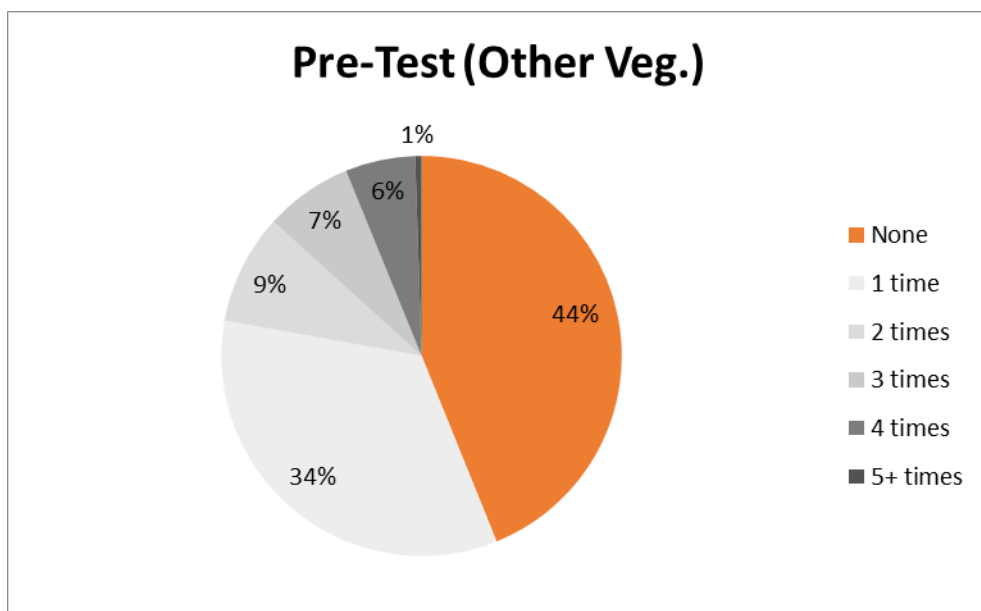


\*Shows significant number 76% of students not eating salad or green vegetable before program and then at the end of the program 38% of students not eating salad. This shows an increase of 32% of students starting at least one salad eating salads after this program started.

5. Yesterday, did you eat **any other vegetables** like peppers, tomatoes, zucchini, asparagus, cabbage, cauliflower cucumbers, mushrooms, eggplant, celery, or artichokes?

- No, I didn't eat any of the foods listed above yesterday.
- Yes, I ate one of these foods **1 time** yesterday.
- Yes, I ate one of these foods **2 times** yesterday.
- Yes, I ate one of these foods **3 times** yesterday.
- Yes, I ate one of these foods **4 times** yesterday.
- Yes, I ate one of these foods **5 or more times** yesterday.

Other Vegetable Consumption	Pre-Test	Post-Test	Pre-Test	Post-Test
None	420	308	44%	31%
1 time	325	287	34%	29%
2 times	85	117	9%	12%
3 times	68	87	7%	9%
4 times	54	94	6%	9%
5+ times	5	99	1%	10%
Total Tested	957	992		



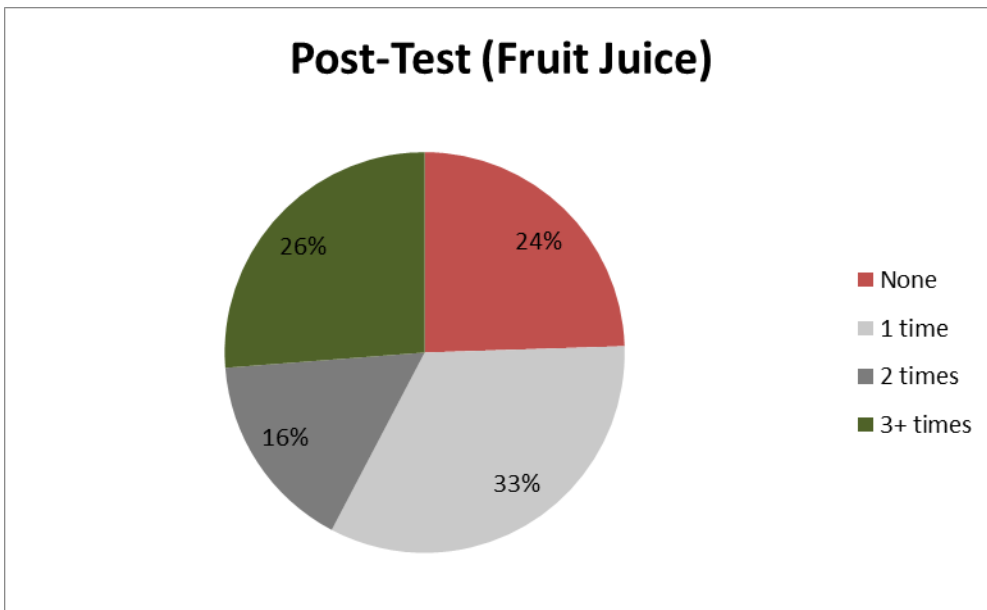
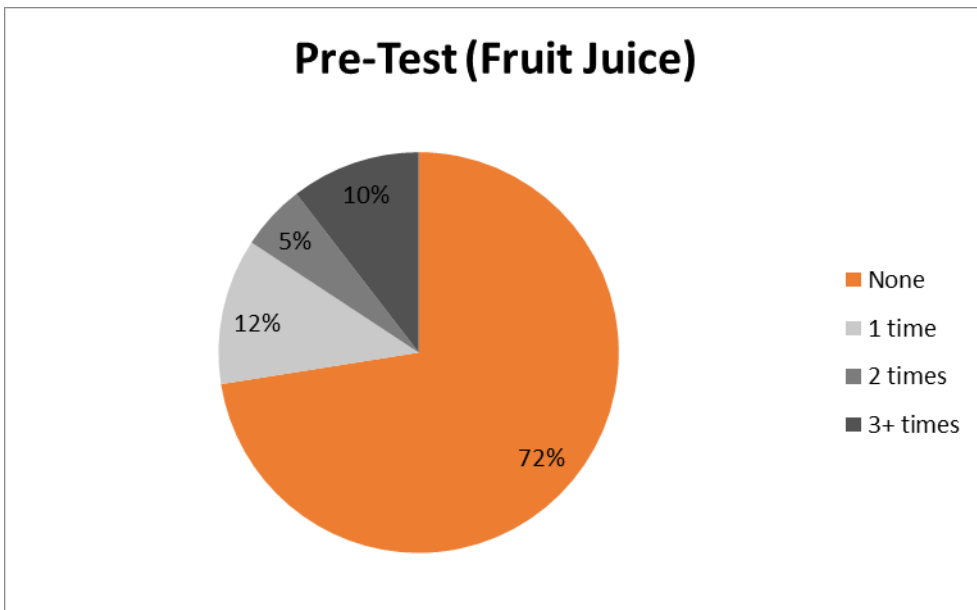
\*9% of students self-reported they ate more vegetables at least 5 + times the day before after this program.

6. Yesterday, did you drink fruit juice? Fruit juice is a drink which is **100% juice**, like orange juice, apple juice, or grape juice.

**Do not count punch, Kool-Aid@sports drinks, or other fruit-flavored drinks.**

- No, I didn't drink any fruit juice yesterday.
- Yes, I drank fruit juice **1 time** yesterday.
- Yes, I drank fruit juice **2 times** yesterday.
- Yes, I drank fruit juice **3 or more times** yesterday.

Fruit Juice Consumption	Pre-Test	Post-Test	Pre-Test	Post-Test
None	769	242	72%	24%
1 time	125	328	12%	33%
2 times	56	159	5%	16%
3+ times	111	259	10%	26%
Total tested	1061	988		

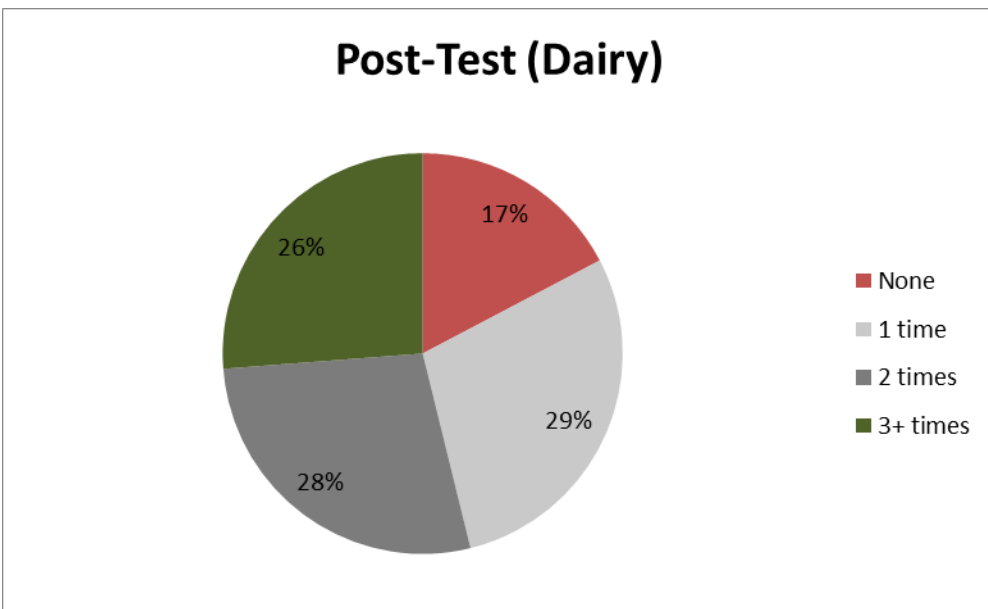
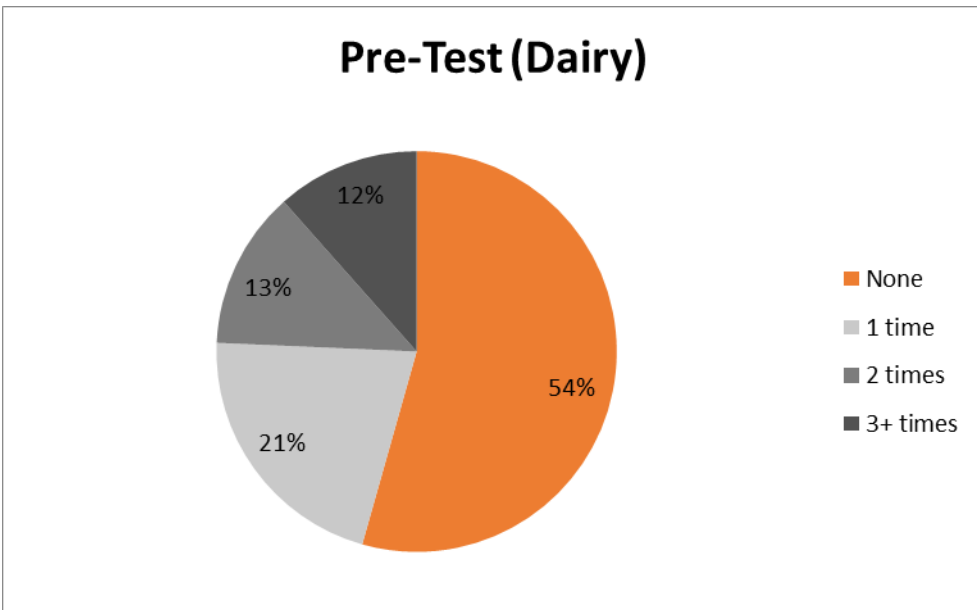


\*48% of our students started drinking fruit juice after this program started.

7. Yesterday, did you eat any dairy food (milk, cheese, yogurt, or ice cream)?

- No, I didn't eat dairy food yesterday.
- Yes, I ate dairy food 1 time yesterday.
- Yes, I ate dairy food 2 times yesterday.
- Yes, I ate dairy food 3 or more times yesterday.

Dairy Consumption	Pre-Test	Post-Test	Pre-Test	Post-Test
None	546	171	54%	17%
1 time	214	285	21%	29%
2 times	128	273	13%	28%
3+ times	116	259	12%	26%
Total Tested	1004	988		



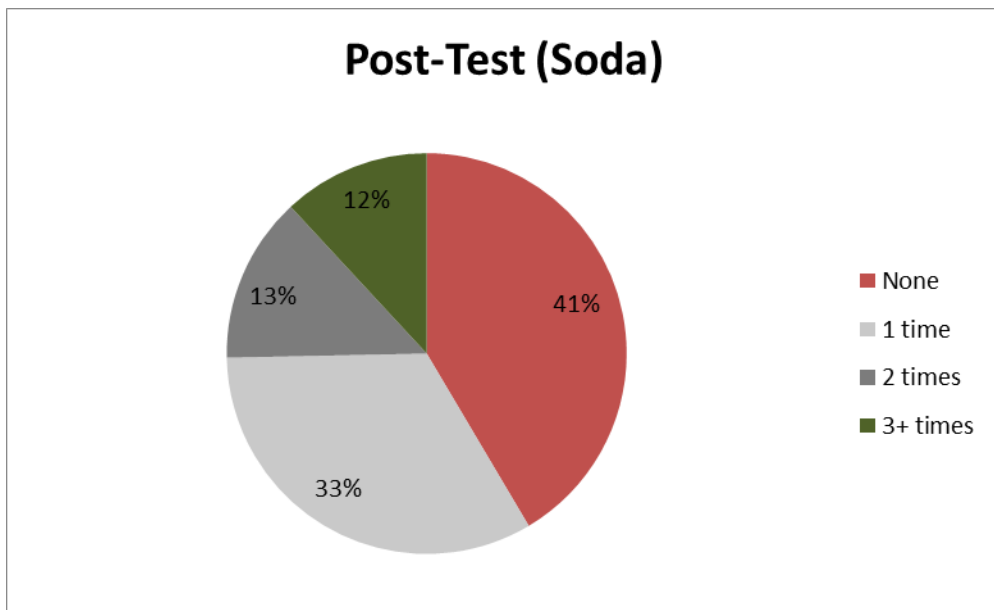
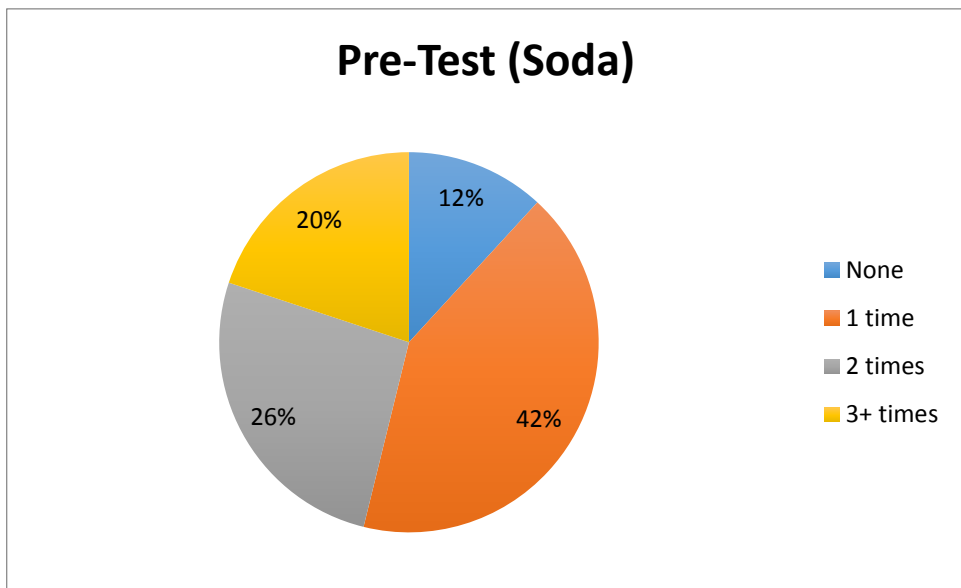
\*54% of our students reported not drinking milk or eating dairy products. At the end of program students self-reported that they were consuming more dairy 5% to 13% more daily or 3 times daily.



8. Yesterday did you drink any soda or pop?

- No, I didn't drink any soda or pop yesterday.
- Yes, I drank soda or pop 1 time yesterday.
- Yes, I drank soda or pop 2 times yesterday.
- Yes, I drank soda or pop 3 or more times yesterday.

Soda Consumption	Pre-Test	Post-Test	Pre Test	Post-Test
None	120	411	12%	41%
1 time	426	329	42%	33%
2 times	266	133	26%	13%
3+ times	202	118	20%	12%
Total Tested	1014	991		



\*Students self-reported that did not consume soda the day before decreased a significant number. Before program 120 students reported not drinking soda, after program 420 students self-reported that they did not consume soda.

The self- report did show that students consuming soda 1time a day decreased by 8%. Students reported 2 times a day decreased by 7% and the amount of students consuming soda3 times a day stayed the same.

