

Have you ever received nutrition education?

☐ Yes ☐ No

	Breakfast	Lunch	Dinner	Snack
I eat vegetables at	☐	☐	☐	☐
I eat fruit at	☐	☐	☐	☐
I eat whole grains at	☐	☐	☐	☐
I eat protein at	☐	☐	☐	☐
I eat/drink dairy products at	☐	☐	☐	☐