



SFUSD School Nutrition Survey

School Name: _____ Today's Date: ____/____/____

This survey is about what students eat. Your answers will help improve your school's lunch program. You do not have to complete the survey, but we hope that you will. This is a chance for you to have your voice heard.

The survey is anonymous, so no one will know what you answered. Please do not write your name on the survey. This survey is being conducted by SFUSD and the University of California.

Remember:

This is not a test! There are no right or wrong answers. We want to know about you and what you think.

Read each question carefully. Think about it before you choose an answer.

Fill in each circle completely. If you want to change an answer, erase it completely before marking another answer.

Incorrect Marks



Correct Mark



1. Yesterday at lunch, how much of the following items did you eat or drink?

	None	A little	Some	A lot
a. French fries or other fried potatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Green salad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Vegetables (Do not include green salad, French fries or other fried potatoes)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Fruit (Do not include fruit juice)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. 100% real fruit juices, like orange juice, apple juice or grape juice (Do not include fruit-flavored drinks, Sunny Delight, aguas frescas, sport drinks, sweetened tea, Vitamin Water, Kool-Aid, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. Did you eat the school breakfast yesterday?

☐ Yes ☐ No

3. Did you eat the school lunch yesterday?

☐ Yes ☐ No

4. Where do you usually get your lunch on a school day? (Mark only one answer)

- ☐ I eat food from home
- ☐ I eat food from the cafeteria or beanery
- ☐ I eat food from a vending machine at school
- ☐ I eat food from a food cart at school
- ☐ I eat food from a friend's lunch
- ☐ I buy or order food from off campus
- ☐ I usually don't eat lunch

5. How much do you **agree or disagree** with the following statements about the **school lunch**?

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
a. The school lunch tastes good.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. My friends eat the school lunch.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. The lunch lines are too long.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. I like food that I can buy off campus or bring from home better.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. I like the fruits served with school lunch.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. I like the vegetables served with school lunch.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. The school lunch is enough food to make me full.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. I get tired of the same foods being served for the school lunch.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Adults at school encourage me to eat the school lunch.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. The school lunch is healthier than foods I bring from home or can buy off campus.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. Mark all the places that you got your lunch on school days last week (you can mark more than one answer):

- ☐ I ate food from home
- ☐ I ate food from the cafeteria or beanery
- ☐ I ate food from a vending machine at school
- ☐ I ate food from a food cart at school
- ☐ I ate food from a friend's lunch
- ☐ I bought or ordered food from off campus
- ☐ I didn't eat lunch

Think about **EVERYTHING** you drink in a typical week, including what you have at breakfast, lunch, dinner, after school, while watching TV, at bedtime, and on the weekend.

	7. How many days a week do you usually drink it?						8. If you drink it, about how many times per day?		
	None	1 day	2 days	3-4 days	5-6 days	Every day	1	2	3+
a. Chocolate or other flavored milk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Plain milk (Not chocolate or flavored; do not count milk on cereal)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Sodas like Coke, Sprite, Sunkist, or grape soda (Do not include diet)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Diet sodas like Diet Coke, Diet Dr. Pepper, Diet 7-Up, or Diet Sprite	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Sports drinks like Gatorade, Powerade, or Vitamin Water (Do not include diet)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Energy drinks like Red Bull or Monster (Do not include diet)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Sweetened coffees like mochas and Frappuccinos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Sweetened teas like Snapple or Arizona	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Sweetened drinks with boba	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Unsweetened water (Tap, bottled, or carbonated)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. Drinks like punch, Kool-Aid, Tampico, Lemonade, or Sunny D (Do not include 100% juice)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. 100% real fruit juices like orange juice, apple juice, or grape juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Think about **EVERYTHING** you eat in a typical week, including what you have at breakfast, lunch, dinner, after school, while watching TV, at bedtime, and on the weekend.

	9. How many days a week do you usually eat it?						10. If you eat it, about how much in one day?		
	None	1 day	2 days	3-4 days	5-6 days	Every day	A little	Some	A lot
a. Apples, bananas, or oranges	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Applesauce, fruit cocktail	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Any other fruit, like strawberries or grapes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. French fries, hash browns, tater tots	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Other potatoes, like mashed or boiled	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Ketchup or salsa	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Green salad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Tomatoes, including on salad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Green beans or peas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Other vegetables like corn, carrots, broccoli	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. Vegetable soup, tomato soup, any soup or stew with vegetables in it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Information about You

11. How do you describe yourself? (You can mark more than one answer if that is how you describe yourself)

- ☐ Asian
- ☐ American Indian or Alaska Native
- ☐ Hawaiian or Pacific Islander
- ☐ Black or African American
- ☐ Hispanic or Latino/Latina
- ☐ White or Caucasian
- ☐ Other _____

12. What grade are you in?

- ☐ 7th grade
- ☐ 8th grade
- ☐ 9th grade
- ☐ 10th grade
- ☐ Other _____

13. Are you...

- ☐ Female (Girl)
- ☐ Male (Boy)
- ☐ Other _____

14. How far in school did your mother go? (Indicate the highest level)

- ☐ Did not finish high school
- ☐ Finished high school or got GED
- ☐ Did some college or training after high school
- ☐ Finished college
- ☐ I don't know

Thank you!