



## Pre-Test

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Answer these questions:

1. How many fruits and vegetables do you eat on a typical day?
  - a. 0-1 serving
  - b. 2-3 servings
  - c. 4 or more servings
2. How many glasses of water do you drink a daily?
  - a. 0-3
  - b. 4-7
  - c. 8 or more
3. How often do you eat processed or fast food per week?
  - a. 0-1 times
  - b. 2-3 times
  - c. 4 or more times
4. Do you read nutrition labels when buying packaged foods?
  - a. Always
  - b. Sometimes
  - c. Never



**5. Do you feel your current diet supports good health? Why or why not?**

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**6. Can you share a recent or typical grocery shopping list with me?**

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