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# **Appendix D: Nutrition Decathlon Pre- and Post-tests**

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# Student Pre-test

1. How many fruits and vegetables should you eat a day?
  - A. 2
  - B. 11 or more
  - C. 5–9
  - D. none
2. Which fruit should you peel before you eat it?
  - A. banana
  - B. plum
  - C. grape
  - D. strawberry
3. Name two fruits that come in more than one color.  
\_\_\_\_\_  
\_\_\_\_\_
4. Which will give you the most fiber?
  - A. cheese
  - B. chicken
  - C. orange juice
  - D. fresh fruits and vegetables
5. Which is not a section in the supermarket?
  - A. produce
  - B. meats
  - C. hamburger
  - D. frozen foods
6. How many muscles does the human body have?
  - A. 100
  - B. 300
  - C. 400
  - D. 600

7. Which of the following activities are part of a healthy work-out routine? (Circle all that apply.)
- A. flexibility
  - B. studying
  - C. cool down
  - D. warm-up
8. Which food contains the most calcium?
- A. broccoli
  - B. milk
  - C. tortilla
  - D. chicken
9. Which of the following activities will make your heart stronger?
- A. reading a book
  - B. playing video games
  - C. jumping jacks
  - D. watching TV

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# Student Feedback and Post-test

## Feedback

1. What was your favorite part of Nutrition Decathlon? (Rank 1–5, marking your favorite as number 1.)

\_\_\_ tasting the fruits and vegetables

\_\_\_ playing the games

\_\_\_ getting out of class

\_\_\_ answering the trivia questions

\_\_\_ receiving a prize

2. List two new things you learned from participating in Nutrition Decathlon.

\_\_\_\_\_

\_\_\_\_\_

## Student Post-test

1. How many fruits and vegetables should you eat a day?

A. 2

B. 11 or more

C. 5–9

D. none

2. Which fruit should you peel before you eat it?

A. banana

B. plum

C. grape

D. strawberry

3. Name two fruits that come in more than one color.

\_\_\_\_\_

\_\_\_\_\_

4. Which will give you the most fiber?
  - A. cheese
  - B. chicken
  - C. orange juice
  - D. fresh fruits and vegetables
  
5. Which is not a section in the supermarket?
  - A. produce
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  - A. reading a book
  - B. playing video games
  - C. jumping jacks
  - D. watching TV

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# Pre- and Post-test Answer Sheet

1. How many fruits and vegetables should you eat a day?
  - A. 2
  - B. 11 or more
  - C. 5–9**
  - D. none
2. Which fruit should you peel before you eat it?
  - A. banana**
  - B. plum
  - C. grape
  - D. strawberry
3. Name two fruits that come in more than one color.  
***apples, grapes, pears,***  
\_\_\_\_\_  
***tomatoes, cherries***  
\_\_\_\_\_
4. Which will give you the most fiber?
  - A. cheese
  - B. chicken
  - C. orange juice
  - D. fresh fruits and vegetables**
5. Which is not a section in the supermarket?
  - A. produce
  - B. meats
  - C. hamburger**
  - D. frozen foods

6. How many muscles does the human body have?
- A. 100
  - B. 300
  - C. 400
  - D. 600**
7. Which of the following activities are part of a healthy work-out routine? (Circle all that apply.)
- A. flexibility**
  - B. studying
  - C. cool down**
  - D. warm-up**
8. Which food contains the most calcium?
- A. broccoli
  - B. milk**
  - C. tortilla
  - D. chicken
9. Which of the following activities will make your heart stronger?
- A. reading a book
  - B. playing video games
  - C. jumping jacks**
  - D. watching TV

# Nutrition Decathlon Pre / Post Data Form

## Teacher Form

Name	Question 1		Question 2		Question 3		Question 4		Question 5		Question 6		Question 7		Question 8		Question 9		
	Pre-Test	Post-Test	Pre-Test	Post-Test	Pre-Test	Post-Test	Pre-Test	Post-Test	Pre-Test	Post-Test	Pre-Test	Post-Test	Pre-Test	Post-Test	Pre-Test	Post-Test	Pre-Test	Post-Test	
1.																			
2.																			
3.																			
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5.																			
6.																			
7.																			
8.																			
9.																			
10.																			
11.																			
12.																			
13.																			

Please mail or fax completed form to:  
 Health Education Council  
 Attn: 5 a Day—Power Play  
 3950 Industrial Blvd., Suite 600  
 West Sacramento, CA 95691  
 Phone: (916) 556-3344  
 Fax: (916) 446-0427

Teacher Name: \_\_\_\_\_ Date \_\_\_\_\_  
 School Name: \_\_\_\_\_ Grade \_\_\_\_\_