



COMMUNICATION

1. Can you talk to your parents about things that are hard without feeling embarrassed or reserved?

Describe your answer.

Yes

No

2. Do you think that your parents are good listeners? Describe your answer.

Yes

No

3. Do you ever have trouble believing what your parents tell you? Describe your answer.

Yes

No

4. Do people in your family ever insult you when they are angry? If yes, how do you typically deal with this situation?

Yes

No

KNOWLEDGE

1. What are the foods that you think should appear the most often in a healthy diet?

2. What are the foods that you think should appear the least often in a healthy diet?

3. What are some of the healthiest ways to prepare food?

4. What kinds of oils should be included in a healthy diet?

5. Many of the disease and illness statistics in this country can be directly attributed to a poor diet and a lack of exercise.

True

False

6. What is the minimum recommended amount of physical activity recommended each day for people?

