

# Health Education Today



## Healthy Eating Survey



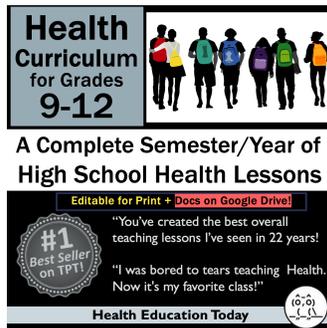
**1.** Thank you for downloading our “Healthy Eating Survey.”



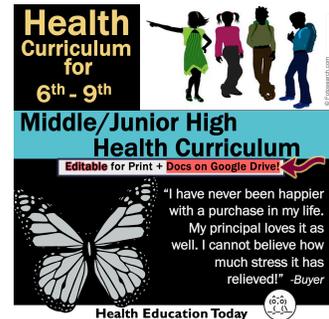
**2.** If you like this resource, you can **find it within a lesson** in our “4-Week Nutrition Unit,” and also in our larger curriculums that cover nutritional health topics as well!



Nutrition Unit



High School Health



Middle School Health



**3.** Great reviews are appreciated! If you and your students enjoyed this resource, be sure to let us know on our [Health Education Today](http://Health Education Today) website.



**4.** If you have a question, we are happy to help. You can email us at: [marcus@healtheducationtoday.com](mailto:marcus@healtheducationtoday.com)



5. Copyright © Health Education Today. All rights reserved by author.

- 1) This product is to be used by the original downloader only. It is not transferable to any other person!
- 2) Copying for anyone other than the person who purchased this program; or for another classroom, department, school, or school system is prohibited.
- 3) This resource is not to be shared with colleagues or used by an entire grade level, school, or district without purchasing the proper number of licenses. If you are a coach, principal, or district interested in a site license, please contact me for a quote at [ahealthteacher@gmail.com](mailto:ahealthteacher@gmail.com).
- 4) This product (or any part thereof) may not be distributed or displayed digitally for public view, and cannot be used on commercial sites; including, but not limited to Outschool and Course Hero. (Google Drive and online posting MUST BE Password-protected student websites only!) Failure to comply is a copyright infringement and a violation of the Digital Millennium Copyright Act (DMCA).**
- 5) The purchaser is granted permission to make duplicates for classroom use only. Redistributing, editing, or selling are prohibited.

<b>Survey Name:</b>	Eating Healthy for Life Survey
<b>Suggested Uses:</b>	This survey will help students see what unhealthy eating habits they may have, and then encourage them to baby-step towards healthier habits.
<b>Pre-Survey:</b>	Nothing is needed to be done before you give the survey.
<b>Post Survey:</b>	<p>After this survey I show a video from an old Oprah show on people who lost weight in healthy ways. You could show any inspiring video on losing weight or eating healthy. The next day I follow up with a lesson on positive body image and we make cubes that I hang from my ceiling with everyone's positive traits. It's part of my Nutrition Unit above.</p> <p>Another idea is to have students make a check off sheet for themselves to keep track of how they are doing on changing that one habit...</p>

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

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

## Healthy Eating for Life Survey

Everyone has different negative eating habits, so losing weight or eating healthier is a very individual task. There's no need to go on a diet, simply take small steps towards changing your eating habits for life!

Circle any statements you feel are a problem for you.

### WHAT I EAT (or don't eat!):



- I eat too much fast food
- I eat too much junk food
- I eat too much fat
- I do too much munching between meals
- I eat too many sweets
- I obsess too much about what I eat
- I don't take vitamins or minerals
- I eat too much sodium (salt)
- I eat out of the bag/container too often
- I snack instead of eating regular meals
- I get too many calories from drinks (lattes, mochas, juice, alcohol, pop)
- I don't eat enough fruit
- I don't eat enough dairy
- I don't eat enough vegetables
- I don't drink enough water
- I never read food labels
- I don't eat enough variety
- I drink too much pop
- I eat too much when I bake/cook

### WHEN I EAT (or don't eat!):

- I eat too much on the weekends
- I eat too much late at night
- I get up at night when I can't sleep and eat!
- I skip meals and then binge
- I eat too much at meals rather than have snacks to curb my appetite
- I skip breakfast
- I skip meals
- I eat on the run

### WHERE: I EAT (or don't eat!):

- I eat on the run
- I eat in front of the T.V. or on the couch
- I splurge too much when I eat out at a restaurant or movie theater, etc.
- I eat in the car
- I won't eat in front of people

### WHY: I EAT (or don't eat!):

- I eat because I always seem to be "starving"
- I eat when I'm stressed
- I figure I've blown it for the day anyway...
- I eat rather than "waste" leftovers
- I eat to reward myself
- I can't control my eating
- I eat when I'm depressed
- I don't eat when I'm depressed
- Once I get started, I can't stop myself
- I eat when I'm bored



# You might also be interested in some of our #1 best-selling Health and P.E. resources:

See our [Health Education Today Store!!](#)

## Secondary Health Resources:

**Health Curriculum for Grades 9-12**



A Complete Semester/Year of High School Health Lessons

**#1 Best Seller on TPT!** FOR PRINT + ON GOOGLE DRIVE!

"You've created the best overall teaching lessons I've seen in 22 years!"

"I was bored to tears teaching Health. Now it's my favorite class!"

**Full Year Health for 6<sup>th</sup> - 9<sup>th</sup>**



Middle/Junior High Health Curriculum

FOR PRINT + ON GOOGLE DRIVE!

"I have never been happier with a purchase in my life. My principal loves it. I cannot believe how much stress it has relieved!" -Buyer

**Middle/Junior High + High School Sequential Health Curriculum**

6<sup>th</sup> 7<sup>th</sup> 8<sup>th</sup>



+ 1 High School Program



Editable for Print + Docs on Google Drive!

**Health & P.E. Curriculum Bundle**



"I was bored to tears teaching Health. Now it's my favorite class!"

FOR PRINT + ON GOOGLE DRIVE!

Save \$



"Love it! Made my planning easy!"

Health Education Today

**Middle/Jr. High Health & P. E. Bundle**



"Love it! Made my planning easy!"

"Lifesaver!"

Editable for Print + Docs on Google Drive!

Save \$



Health Education Today

**P.E. Curriculum FOR GRADES 6-12**

**#1 Best Seller on TPT!** FOR PRINT + ON GOOGLE DRIVE!



A Complete Year of P.E. Lesson Plans

**Full Year Health 6<sup>th</sup>/7<sup>th</sup> Grade**



Level 1 Health



70 Lessons FOR PRINT AND ALSO ON GOOGLE DRIVE

**Full Year Health 7<sup>th</sup>/8<sup>th</sup> Grade**



Level 2 Health



70 Lessons FOR PRINT AND ALSO ON GOOGLE DRIVE

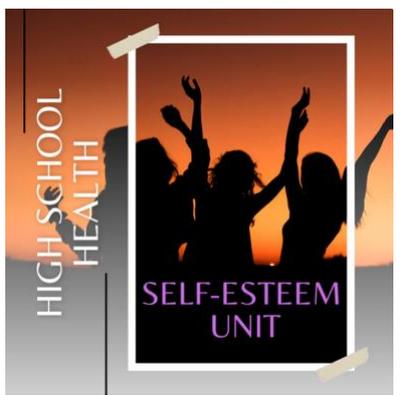
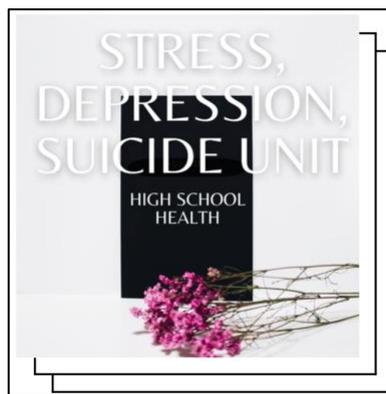
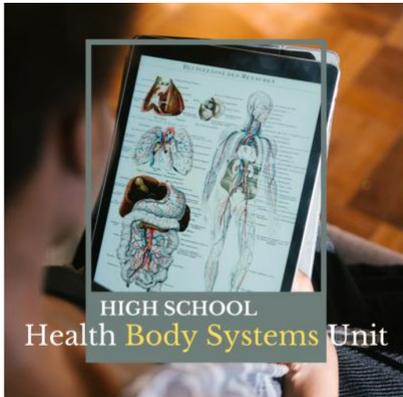
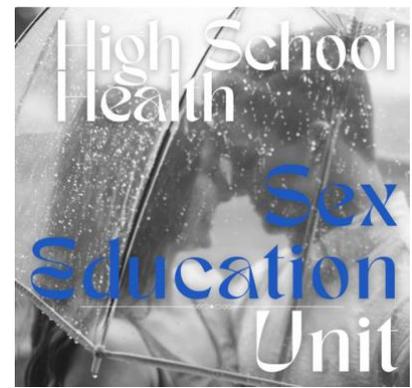
**Full Year Health 7<sup>th</sup>/8<sup>th</sup> Grade**

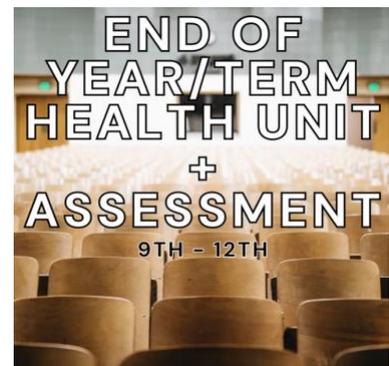
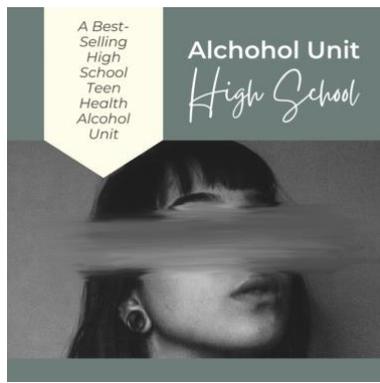
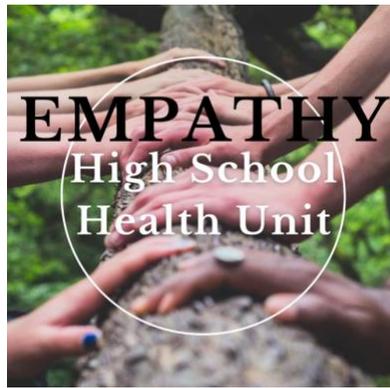
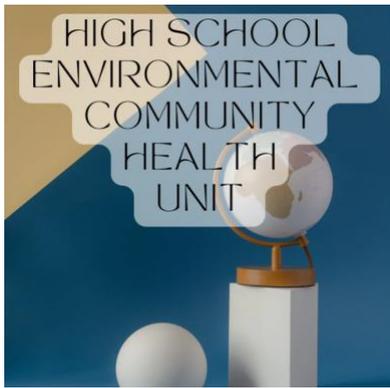


Level 3 Health

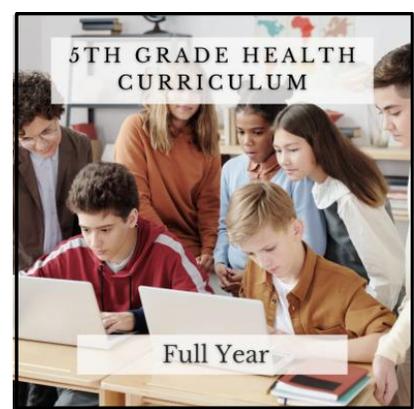
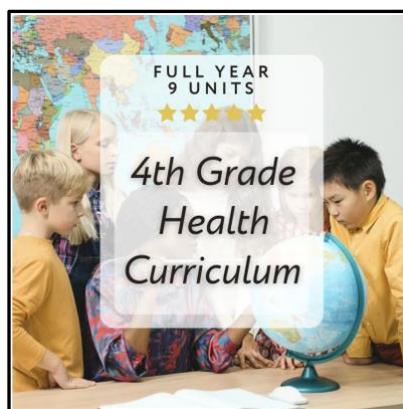
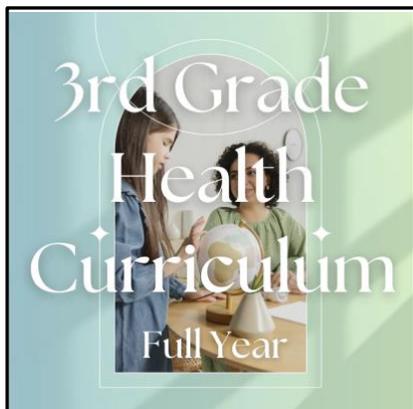


80 Lessons FOR PRINT AND ALSO ON GOOGLE DRIVE

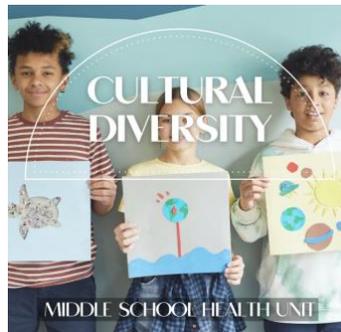
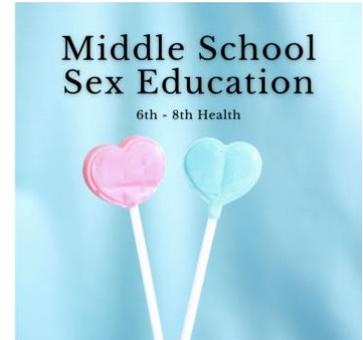


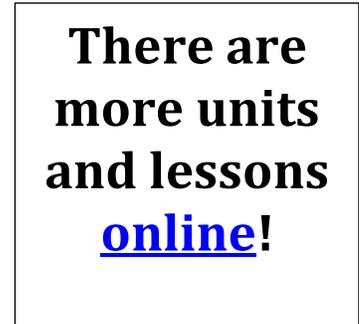


# Elementary Health Resources:

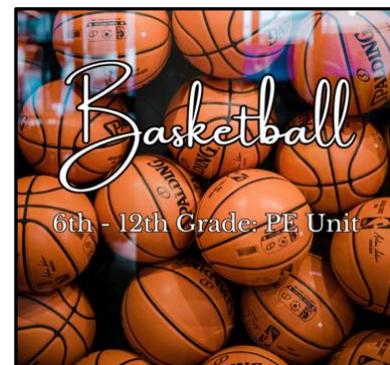
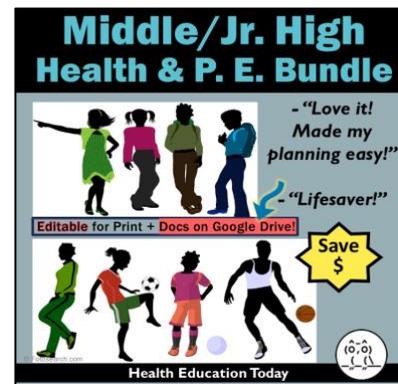
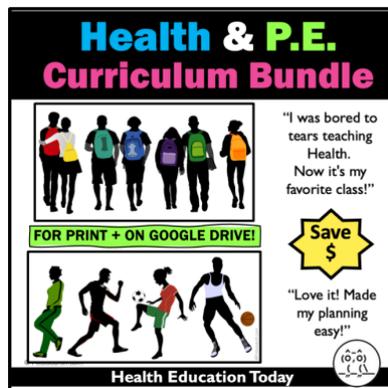
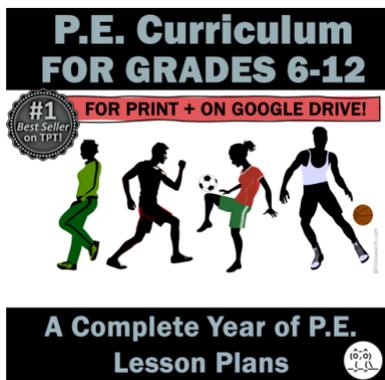


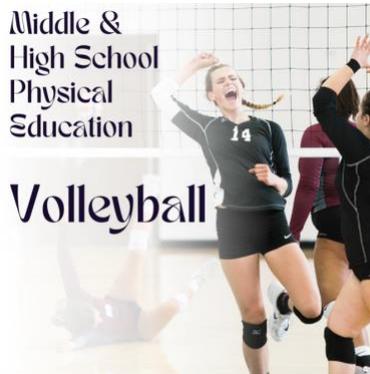
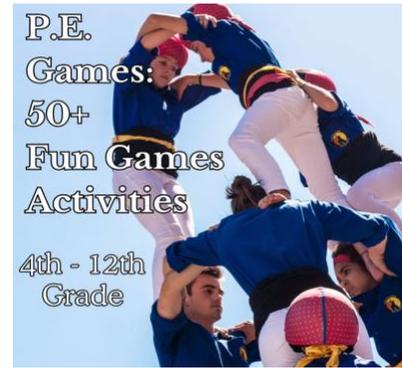
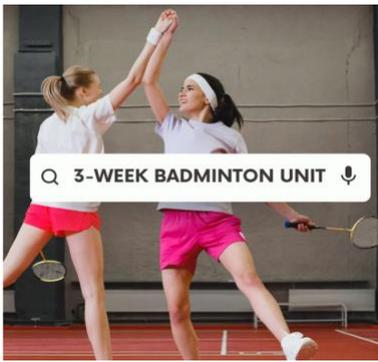
# Middle School Health



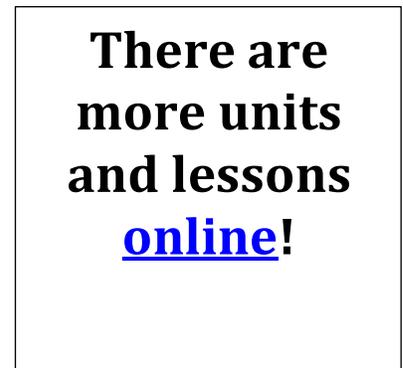
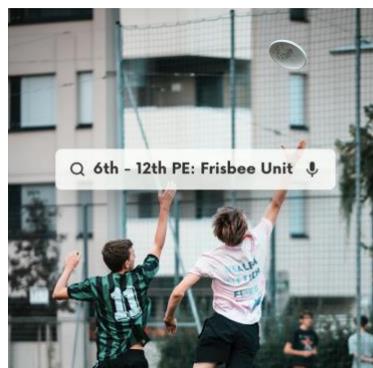
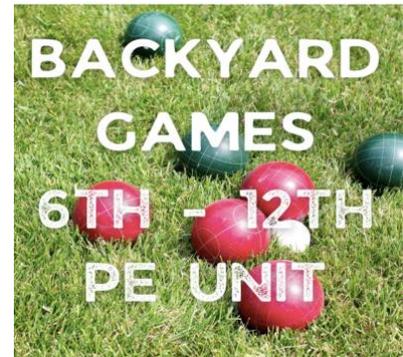


# Physical Education Resources:





45 DAYS OF EXERCISE, VIDEOS & BODY WORKOUTS



Thanks for previewing!