



Pre-Evaluation
Grade 3 Lesson 1

Tell Us About You

For the following questions, circle the one answer that best describes what YOU DO.

1. I eat different kinds of vegetables.

Every day Most days of the week 1-2 days a week Never

2. I eat different kinds of fruits.

Every day Most days of the week 1-2 days a week Never

3. I try to eat whole grains.

Every day Most days of the week 1-2 days a week Never

4. I wash my hands before I touch or eat food.

Almost always Sometimes Not very often

5. I am physically active.

Every day Most days of the week 1-2 days a week Never

6. I eat breakfast.

Every day Most days of the week 1-2 days a week Never

7. I have tried new foods this week.

Yes No

For questions 8-10, circle the best answer for each question.

8. A healthy snack choice would be:

- a. Apple and can of pop
- b. Potato chips and milk
- c. Whole grain crackers and juice

9. MyPyramid tells me about:

- a. The cost of different foods
- b. Different kinds of food I can eat
- c. How to cook the food I eat

10. Being physically active means:

- a. Getting really involved in video games
- b. I have a lot of homework to do
- c. Moving my body



Date _____ **Teacher** _____
Grade _____ **School site** _____