

What I Think I Can Do

Please check the box under the statement that most closely describes how much you agree or disagree with each statement. There are no wrong answers. (CHECK ONLY ONE BOX FOR EACH.)

1. I am sure I can prepare my favorite fruit or vegetable to eat.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
2. I am sure I can make my favorite fruit, juice and vegetable recipes.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
3. I am sure I can ask someone in my family to buy my favorite fruit or vegetables.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
4. I am sure I can go shopping with my family for my favorite fruit or vegetables.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
5. I am sure I can ask someone in my family to make my favorite vegetables for dinner.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
6. I am sure I can drink a glass of my favorite 100% fruit juice for breakfast.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
7. I am sure I can add my favorite fruit to my cereal at breakfast.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
8. I am sure I can eat fruit or vegetables for lunch in front of my friends.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
9. I am sure I can add fruit or vegetables to my normal school lunch.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
10. I am sure I can eat a fruit that's served at school lunch.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
11. I am sure I can eat a vegetable that's served at school lunch.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
12. I am sure I can eat my favorite fruit with lunch at home on the weekends.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
13. I am sure I can add my favorite vegetables to my favorite sandwich for lunch at home.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
14. I am sure I can eat my favorite vegetables for lunch at home.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
15. I am sure I can eat my favorite fruit with a fruit dip for a snack.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
16. I am sure I can eat my favorite raw vegetables with dip for a snack.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>

17. I am sure I can make my own dinner that includes a fruit or vegetable when someone else doesn't have time to cook.	Disagree lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
18. I am sure I can eat a fruit or vegetable for dinner when I eat out or away from home.	Disagree lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
19. I am sure I can eat my favorite fruit instead of my usual dessert.	Disagree lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
20. I am sure I can eat 2 or more servings of fruit every day.	Disagree lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
21. I am sure I can eat 3 or more servings of vegetables every day.	Disagree lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>