

GEMS ID

Initials

Date of Evaluation

 month

day

year

GEMS Family Meal Preparation

Please put an "X" by NOT TRUE, SORT OF TRUE, or TRUE for each of the following sentences. NOT TRUE means that you disagree with the sentence. SORT OF TRUE means that you 'maybe there is a little truth' in the sentence. TRUE means that you agree with the sentence.

1. My family wastes too much food when I serve fruit and vegetables.	Not true <input type="checkbox"/>	Sort of true <input type="checkbox"/>	True <input type="checkbox"/>
2. Nothing I do seems to get my kids to eat more vegetables.	Not true <input type="checkbox"/>	Sort of true <input type="checkbox"/>	True <input type="checkbox"/>
3. If I were to add more vegetables to my usual dishes, no one in my family would eat them.	Not true <input type="checkbox"/>	Sort of true <input type="checkbox"/>	True <input type="checkbox"/>
4. Nothing I do seems to get my kids to eat more fruit.	Not true <input type="checkbox"/>	Sort of true <input type="checkbox"/>	True <input type="checkbox"/>
5. No one eats vegetables in my home.	Not true <input type="checkbox"/>	Sort of true <input type="checkbox"/>	True <input type="checkbox"/>
6. No one eats fresh fruit in my home.	Not true <input type="checkbox"/>	Sort of true <input type="checkbox"/>	True <input type="checkbox"/>
7. I don't have time to fix vegetable dishes.	Not true <input type="checkbox"/>	Sort of true <input type="checkbox"/>	True <input type="checkbox"/>
8. If I were to serve fruit for desserts, no one in my family would eat them.	Not true <input type="checkbox"/>	Sort of true <input type="checkbox"/>	True <input type="checkbox"/>
9. None of the dishes my family likes include fruit or vegetables.	Not true <input type="checkbox"/>	Sort of true <input type="checkbox"/>	True <input type="checkbox"/>
10. Low fat cheeses would not get eaten at my house.	Not true <input type="checkbox"/>	Sort of true <input type="checkbox"/>	True <input type="checkbox"/>

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11. No one drinks low fat (2%) milk in my home.	Not true <input type="checkbox"/>	Sort of true <input type="checkbox"/>	True <input type="checkbox"/>
12. No one drinks skim or nonfat milk in my home.	Not true <input type="checkbox"/>	Sort of true <input type="checkbox"/>	True <input type="checkbox"/>
14. If I were to serve low fat salad dressings, no one in my family would eat them.	Not true <input type="checkbox"/>	Sort of true <input type="checkbox"/>	True <input type="checkbox"/>
16. If I were to serve fat free salad dressings, no one in my family would eat them.	Not true <input type="checkbox"/>	Sort of true <input type="checkbox"/>	True <input type="checkbox"/>
18. Low fat margarine or other spreads would not get eaten at my house.	Not true <input type="checkbox"/>	Sort of true <input type="checkbox"/>	True <input type="checkbox"/>
20. Low fat snacks like pretzels or baked chips would not get eaten at my house.	Not true <input type="checkbox"/>	Sort of true <input type="checkbox"/>	True <input type="checkbox"/>
22. If I were to bake instead of fry chicken, my family would not eat it.	Not true <input type="checkbox"/>	Sort of true <input type="checkbox"/>	True <input type="checkbox"/>
24. If I served drinking water instead of soda, my family would not drink it.	Not true <input type="checkbox"/>	Sort of true <input type="checkbox"/>	True <input type="checkbox"/>
26. If I were to serve low fat desserts, my family would not eat them.	Not true <input type="checkbox"/>	Sort of true <input type="checkbox"/>	True <input type="checkbox"/>
28. If I were to serve plain potatoes instead of french fries, my family would not eat them.	Not true <input type="checkbox"/>	Sort of true <input type="checkbox"/>	True <input type="checkbox"/>