

**Teach Well - Gimme 5 Atlanta
 R19 – Self Efficacy – Child**

DIRECTIONS: We want to know how sure you are that you can do things to eat more fruit and vegetables. There are no right or wrong answers, just your opinion. Please select the item that best describes your belief.

I think I can....	A I strongly agree	B I slightly agree	C I do not agree
1. write my favorite fruit on the family's shopping list?	A	B	C
2. ask my parent or guardian to buy my favorite fruit the next time she or he goes food shopping?	A	B	C
3. go shopping with my parent or guardian for my favorite fruit?	A	B	C
4. go shopping without my parent or guardian for my favorite fruit?	A	B	C
5. pick out my favorite fruit at the store and put it in the shopping basket?	A	B	C
6. pay for my favorite fruit with my own money?	A	B	C

After school I think I can choose....

7. my favorite fruit instead of my favorite cookie?	A	B	C
8. my favorite fruit instead of my favorite candy bar?	A	B	C
9. my favorite raw vegetable with dip instead of peanut butter on bread?	A	B	C
10. my favorite raw vegetable with dip instead of my favorite cookie?	A	B	C
11. my favorite raw vegetable with dip instead of my favorite candy bar?	A	B	C
12. my favorite fruit instead of peanut butter on bread?	A	B	C
13. peanut butter on bread instead of my favorite cookie?	A	B	C
14. my favorite fruit instead of chips?	A	B	C
15. my favorite raw vegetable with dip instead of chips?	A	B	C
16. my favorite fruit juice instead of a soft drink or koolade?	A	B	C

I think I can....	A I strongly agree	B I slightly agree	C I do not agree
1. write my favorite vegetable on the family's shopping list?	A	B	C
2. ask my parent or guardian to buy my favorite vegetable the next time she or he goes food shopping?	A	B	C
3. go shopping with my parent or guardian for my favorite vegetable?	A	B	C
4. go shopping without my parent or guardian for my favorite vegetable?	A	B	C
5. pick out my favorite vegetable at the store and put it in the shopping basket?	A	B	C
6. pay for my favorite vegetable with my own money?	A	B	C

At breakfast I think I can....

7. drink a glass of my favorite juice with breakfast?	A	B	C
8. add my favorite fruit to my favorite cereal?	A	B	C
9. eat my favorite fruit with my breakfast?	A	B	C
10. eat pancakes or waffles with my favorite fruit on top?	A	B	C

For lunch at home, I think I can....

11. eat a small salad with lunch?	A	B	C
12. eat a larger salad for lunch?	A	B	C
13. add lettuce to my favorite meat sandwich?	A	B	C
14. use bananas instead of jelly on a peanut butter sandwich?	A	B	C
15. make a vegetable soup and eat it?	A	B	C
16. drink fruit juice instead of a soft drink or koolade with lunch?	A	B	C
17. eat carrot or celery sticks instead of chips with lunch?	A	B	C
18. eat my favorite fruit with lunch?	A	B	C
19. eat my favorite fruit instead of my usual dessert?	A	B	C