

### Gimme 5 Atlanta R3 – 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.

<b>I think I can....</b>	<b>A</b> I disagree very much	<b>B</b> I disagre e a little	<b>C</b> I am not sure	<b>D</b> I agree a little	<b>E</b> I agree very much
1. write my favorite fruit or vegetable on the family's shopping list?	A	B	C	D	E
2. ask someone in my family to buy my favorite fruit or vegetable?	A	B	C	D	E
3. go shopping with my family for my favorite fruit or vegetable?	A	B	C	D	E
4. pick out my favorite fruit or vegetable at the store and put it in the shopping basket?	A	B	C	D	E
5. ask someone in my family to make my favorite vegetable dish for dinner?	A	B	C	D	E
6. ask someone in my family to serve my favorite fruit at dinner?	A	B	C	D	E
7. ask someone in my family to have fruit and fruit juices out where I can reach them?	A	B	C	D	E
8. ask someone in my family to have vegetables sticks out where I can reach them?	A	B	C	D	E

#### **At breakfast I think I can....**

9. drink a glass of my favorite juice?	A	B	C	D	E
10. add my favorite fruit to my favorite cereal?	A	B	C	D	E

#### **For lunch at school, I think I can....**

11. eat a vegetable that's served?	A	B	C	D	E
12. eat a fruit that's served?	A	B	C	D	E

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

13. eat carrot or celery sticks instead of chips?	A	B	C	D	E
14. eat my favorite fruit instead of my usual dessert?	A	B	C	D	E

#### **For a snack, I think I can choose....**

15. my favorite fruit instead of my favorite cookie?	A	B	C	D	E
16. my favorite fruit instead of my favorite candy bar?	A	B	C	D	E
17. my favorite raw vegetable with dip instead of my favorite cookie?	A	B	C	D	E
18. my favorite raw vegetable with dip instead of my favorite candy bar?	A	B	C	D	E
19. my favorite raw vegetable with dip instead of chips?	A	B	C	D	E

**For dinner or supper, I think I can....**

20. eat a casserole with vegetables?	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
21. eat my favorite fruit instead of my usual dessert?	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>

**I think I can....**

22. eat 2 or more servings of fruit or fruit juice each day?	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
23. eat 3 or more servings of vegetables each day?	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
24. eat 5 or more servings of fruit and vegetables each day?	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>