

Food Behavior Checklist

飲食行為清單

These questions are about the ways you plan and fix food.
Think about how you usually do things.

這些問題是關於你計劃和安排食物的方法。
想想你平常如何處理事情。

Name名稱 _____

Date日期 _____

ID身分證# _____

Entry
 Exit

Choose one answer for each question.
每個問題選擇一個回答。

1.



Do you eat fruits or vegetables as snacks?
你會否把水果或蔬菜當小吃?

- | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| no | yes, | yes, | yes, |
| 不會 | sometimes | often | everyday |
| | 有時會 | 經常會 | 每天會 |

2.



Do you drink fruit drinks, sport drinks or punch?
你會否喝水果飲料，運動飲料或混合飲料?

- | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| no | yes, | yes, | yes, |
| 不會 | sometimes | often | everyday |
| | 有時會 | 經常會 | 每天會 |

3.



Did you have citrus fruit or citrus juice during the past week?

在過去的一周你有否進食過柑橘類水果或喝過柑橘類果汁?

- | | |
|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> |
| yes | no |
| 有 | 沒有 |

4.



Do you drink regular soda?
你會否喝普通汽水?

- no 不會
 yes, sometimes 有時會
 yes, often 經常會
 yes, everyday 每天會

5.



Did you drink milk or use milk on cereal during the past week?
在過去的一周你有否喝過牛奶或在玉米薄片裡加牛奶?

- yes 有
 no 沒有

6. Fruit: How much do you eat each day?
水果：你每天吃多少?



none 沒有

1/2 cup ½杯



1 cup 1杯

1 1/2 cups 1½杯



2 cups 2杯

2 1/2 cups 2½杯



3 cups or more 3杯或更多

7. Vegetable: How much do you eat each day?
蔬菜：你每天吃多少?



none 沒有

1/2 cup ½杯



1 cup 1杯

1 1/2 cups 1½杯



2 cups 2杯

2 1/2 cups 2½杯



3 cups or more 3杯或更多

13.



Do you eat 2 or more vegetables at your main meal?

你會在主餐吃兩樣或更多的蔬菜？

- no yes, yes, yes,
 不會 有時會 經常會 每天會

14.



Do you use this label when food shopping?

當你選購食品時，會否使用這個標籤？

- no yes, yes, yes,
 不會 有時會 經常會 一定會

15.



Do you run out of food before the end of the month?

在月底前你會否把糧食吃光？

- no yes, yes, yes,
 不會 有時會 經常會 一定會

16.

How would you rate your eating habits?

你如何評價你的飲食習慣？

- 1 2 3 4 5 6 7 8 9 10
 poor fair good excellent
 差勁 一般 良好 優秀

- Use the accompanying instruction guide when administering this tool.
- Research and development for this illustrated diet quality checklist were a joint effort of University of California (UC) Cooperative Extension, the California Nutrition Network, UC Davis Design Program and UC Davis Nutrition Department. Authors: Kathryn Sylva, Marilyn Townsend, Anna Martin, Diane Metz.
- The research for this diet quality instrument is available:
 Townsend MS, Kaiser LL, Allen LH, Joy AB, Murphy SP. Selecting items for a food behavior checklist for a limited resource audience. *Journal of Nutrition Education and Behavior*. 2003;35:69-82.
 Murphy SP, Kaiser LL, Townsend MS, Allen LH. Evaluation of Validity of Items in a Food Behavior Checklist. *Journal of the American Dietetic Association*. 2001;101:751-756, 161.
 Townsend MS, Sylva KG, Martin A, Metz D, Wooten-Swanson P, Follett J, Keim N, Sugerman S. Visually Enhanced Evaluation for Low-income Clients. *J Nutr Educ Behav*. 2005; 37 (1):S49.
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