



**INTRODUCTION:** This is a questionnaire about health. There are no right or wrong answers. Please read the instructions and answer each question the best you can. Remember, the questionnaire is private; no one at home or at school will see your answers.

Date


<input type="radio"/>	Jan
<input type="radio"/>	Feb
<input type="radio"/>	Mar
<input type="radio"/>	Apr
<input type="radio"/>	May
<input type="radio"/>	Jun
<input type="radio"/>	Jul
<input type="radio"/>	Aug
<input type="radio"/>	Sep
<input type="radio"/>	Oct
<input type="radio"/>	Nov
<input type="radio"/>	Dec

<input type="radio"/>	0	1
<input type="radio"/>	2	3
<input type="radio"/>	4	5
<input type="radio"/>	6	7
<input type="radio"/>	8	9

<input type="radio"/>	2000
<input type="radio"/>	2001
<input type="radio"/>	2002

Student ID Number

<input type="radio"/>	0	1	2	3
<input type="radio"/>	4	5	6	7
<input type="radio"/>	8	9	0	1
<input type="radio"/>	2	3	4	5
<input type="radio"/>	6	7	8	9
<input type="radio"/>	0	1	2	3
<input type="radio"/>	4	5	6	7
<input type="radio"/>	8	9	0	1
<input type="radio"/>	2	3	4	5
<input type="radio"/>	6	7	8	9



**Marking Instructions:**

Please use pencil or pen

**Examples**

Right	<del>Wrong</del>	Wrong	<del>Wrong</del>
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

## SECTION A

For each food pair in a box, fill in the bubble for the food that contains more calcium. Fill in only **one** answer per box. Assume that none of the foods are fortified with extra calcium.

<p><b>1.</b></p> <table border="1" style="width: 100%;"> <tr><td><input type="radio"/></td><td>Fruit juice</td></tr> <tr><td><input type="radio"/></td><td>Lowfat milk</td></tr> </table>	<input type="radio"/>	Fruit juice	<input type="radio"/>	Lowfat milk	<p><b>2.</b></p> <table border="1" style="width: 100%;"> <tr><td><input type="radio"/></td><td>Spaghetti with tomato sauce</td></tr> <tr><td><input type="radio"/></td><td>Macaroni and cheese</td></tr> </table>	<input type="radio"/>	Spaghetti with tomato sauce	<input type="radio"/>	Macaroni and cheese	<p><b>3.</b></p> <table border="1" style="width: 100%;"> <tr><td><input type="radio"/></td><td>Ham, egg and cheese biscuit</td></tr> <tr><td><input type="radio"/></td><td>Pancakes</td></tr> </table>	<input type="radio"/>	Ham, egg and cheese biscuit	<input type="radio"/>	Pancakes	<p><b>4.</b></p> <table border="1" style="width: 100%;"> <tr><td><input type="radio"/></td><td>Cheeseburger</td></tr> <tr><td><input type="radio"/></td><td>Hamburger</td></tr> </table>	<input type="radio"/>	Cheeseburger	<input type="radio"/>	Hamburger
<input type="radio"/>	Fruit juice																		
<input type="radio"/>	Lowfat milk																		
<input type="radio"/>	Spaghetti with tomato sauce																		
<input type="radio"/>	Macaroni and cheese																		
<input type="radio"/>	Ham, egg and cheese biscuit																		
<input type="radio"/>	Pancakes																		
<input type="radio"/>	Cheeseburger																		
<input type="radio"/>	Hamburger																		
<p><b>5.</b></p> <table border="1" style="width: 100%;"> <tr><td><input type="radio"/></td><td>Corn</td></tr> <tr><td><input type="radio"/></td><td>Broccoli</td></tr> </table>	<input type="radio"/>	Corn	<input type="radio"/>	Broccoli	<p><b>6.</b></p> <table border="1" style="width: 100%;"> <tr><td><input type="radio"/></td><td>Iceberg lettuce</td></tr> <tr><td><input type="radio"/></td><td>Collard greens</td></tr> </table>	<input type="radio"/>	Iceberg lettuce	<input type="radio"/>	Collard greens	<p><b>7.</b></p> <table border="1" style="width: 100%;"> <tr><td><input type="radio"/></td><td>Canned salmon with bones</td></tr> <tr><td><input type="radio"/></td><td>Canned tuna packed in oil</td></tr> </table>	<input type="radio"/>	Canned salmon with bones	<input type="radio"/>	Canned tuna packed in oil	<p><b>8.</b></p> <table border="1" style="width: 100%;"> <tr><td><input type="radio"/></td><td>Mustard greens</td></tr> <tr><td><input type="radio"/></td><td>Carrots</td></tr> </table>	<input type="radio"/>	Mustard greens	<input type="radio"/>	Carrots
<input type="radio"/>	Corn																		
<input type="radio"/>	Broccoli																		
<input type="radio"/>	Iceberg lettuce																		
<input type="radio"/>	Collard greens																		
<input type="radio"/>	Canned salmon with bones																		
<input type="radio"/>	Canned tuna packed in oil																		
<input type="radio"/>	Mustard greens																		
<input type="radio"/>	Carrots																		
<p><b>9.</b></p> <table border="1" style="width: 100%;"> <tr><td><input type="radio"/></td><td>Kool Aid</td></tr> <tr><td><input type="radio"/></td><td>Skim Milk</td></tr> </table>	<input type="radio"/>	Kool Aid	<input type="radio"/>	Skim Milk	<p><b>10.</b></p> <table border="1" style="width: 100%;"> <tr><td><input type="radio"/></td><td>Cream Cheese</td></tr> <tr><td><input type="radio"/></td><td>Mozzarella cheese</td></tr> </table>	<input type="radio"/>	Cream Cheese	<input type="radio"/>	Mozzarella cheese	<p><b>11.</b></p> <table border="1" style="width: 100%;"> <tr><td><input type="radio"/></td><td>Chips and Queso</td></tr> <tr><td><input type="radio"/></td><td>Chips and Salsa</td></tr> </table>	<input type="radio"/>	Chips and Queso	<input type="radio"/>	Chips and Salsa	<p><b>12.</b></p> <table border="1" style="width: 100%;"> <tr><td><input type="radio"/></td><td>Sherbet</td></tr> <tr><td><input type="radio"/></td><td>Frozen yogurt</td></tr> </table>	<input type="radio"/>	Sherbet	<input type="radio"/>	Frozen yogurt
<input type="radio"/>	Kool Aid																		
<input type="radio"/>	Skim Milk																		
<input type="radio"/>	Cream Cheese																		
<input type="radio"/>	Mozzarella cheese																		
<input type="radio"/>	Chips and Queso																		
<input type="radio"/>	Chips and Salsa																		
<input type="radio"/>	Sherbet																		
<input type="radio"/>	Frozen yogurt																		

## SECTION B

Fill in only **one** answer for each question. (Definition: physical activity can be anything that makes you breathe hard and your heart beat faster such as basketball, swimming, tennis, volleyball, brisk walking, running, baseball, soccer, gymnastics, fast bicycling, fast dancing, aerobics, or weight lifting).

13. During the **past month**, my family **did** physical activities with me.
- Never     Hardly ever     Once in a while     Usually     Most of the time
14. During the **past month**, my family **encouraged** me to be physically active.
- Never     Hardly ever     Once in a while     Usually     Most of the time
15. During the **past month**, my friends **did** physical activities with me **outside of school**.
- Never     Hardly ever     Once in a while     Usually     Most of the time
16. During the **past month**, my friends **encouraged** me to be physically active.
- Never     Hardly ever     Once in a while     Usually     Most of the time
17. How safe is it for you to play outdoors in your neighborhood with your friends **without adults around**?
- Very unsafe     Somewhat unsafe     Neither safe or unsafe     Somewhat safe     Very safe
18. During the past 12 months, on how many sports teams did you play (do not include PE classes)? Include any teams run by your school or community groups. *Sports teams include soccer, basketball, baseball, softball, swimming, gymnastics, cheerleading, wrestling, track, football, softball, dance, tennis and volleyball teams.*
- 0 teams     1 team     2 teams     3 teams     4 or more teams
19. Do you currently participate in any **other** organized physical activities or take lessons, such as martial arts, dance, gymnastics or tennis?
- No     Yes

**SECTION C**

For each question below fill in only **one** answer.

20. What is the minimum number of servings of calcium-rich food adolescent girls need to consume each day to meet their daily requirement of calcium?
- At least 2 servings       At least 4 servings       At least 6 servings  
 At least 3 servings       At least 5 servings       Don't know/unsure
21. At about what age do bones reach their peak bone density?
- 10-19 years old     20-29 years old     30-39 years old     40 years or older     Don't know/unsure
22. At what age are females increasing their bone density the fastest?
- 10-19 years old     20-29 years old     30-39 years old     40 years or older     Don't know/unsure
23. Which of the following factors does **NOT** influence peak bone mass?
- Genetics/Family History       Calcium intake       Vitamin C  
 Weight-bearing exercise       Age       Don't know/unsure
24. Which of the following is **NOT** a weight-bearing activity?
- Football       Swimming       Walking  
 Soccer       Gymnastics       Don't know/unsure
25. Milk is available at my house:
- Never       Hardly ever       Once in a while       Usually       All of the time
26. Which activity is best for building strong healthy bones?
- Bicycling       Softball       Climbing stairs       Jumping rope       Don't know/unsure
27. A glass of skim milk has more fat than a glass of soda.
- True       False       Don't know/unsure

**SECTION D**

For each question below fill in only **one** answer.

28. How many glasses of milk do you usually drink in a day?
- None       1 glass       2 glasses       3 glasses       4 glasses       5 or more glasses
29. Have you been drinking this amount for more than 6 months?
- No       Yes
30. In the future, do you intend to increase this amount, decrease this amount or stay the same?
- Increase       Decrease       Stay the same
31. If you intend to increase or decrease this amount, do you intend to make this change in the next 6 months?
- No       Yes       I do not intend to increase or decrease this amount
32. How many days a week do you do activities that involve jumping (for example, jumping rope, gymnastics, basketball, volleyball, cheerleading, aerobics)?
- None       2 days a week       4 days a week       6 days a week  
 1 day a week       3 days a week       5 days a week       7 days a week
33. Have you been doing this amount of jumping each day for more than 6 months?
- No       Yes
34. In the future, do you intend to increase this amount, decrease this amount or stay the same?
- Increase       Decrease       Stay the same
35. If you intend to increase or decrease this amount, do you intend to make this change in the next 6 months?
- No       Yes       I do not intend to increase or decrease this amount

## SECTION E

For each statement below, fill in the number that most represents how much **you** agree or disagree with the statement. These numbers range from 1 (for *strongly disagree*) to 5 (for *strongly agree*).

How much do you agree or disagree with the following statements?

(1) Strongly Disagree	(2) Disagree	(3) Neither Agree nor Disagree	(4) Agree	(5) Strongly Agree
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36. I do well at all kinds of sports or physical activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
37. When I'm physically active, it bothers me if my hair gets messed up.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38. Preventing osteoporosis later in life is important to me now.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
39. I could do well at sports or physical activities I have never tried.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
40. Eating calcium-rich foods will make me feel better physically.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
41. It is important for me to feel better physically.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
42. I get enough milk and dairy foods in my diet.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
43. It is important to me to have time to myself during the day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
44. I am better than others my age at sports or physical activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
45. I like to drink milk.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
46. I am willing to try calcium-rich foods that I have not tried before.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
47. It is important for me to be physically active.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
48. Eating calcium-rich foods will prevent osteoporosis when I am older.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
49. It is important for me to be healthy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
50. Being physically active each day will make me healthier.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
51. Being physically active each day will mess up my hair.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
52. My friends drink milk.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
53. Being physically active will make me more attractive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
54. Being attractive is important to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
55. Being physically active takes up too much time in my day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
56. Eating calcium-rich foods will make me healthier.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
57. Having my hair fixed is important to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
58. Being physically active will help me to make new friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
59. Milk makes my stomach hurt.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
60. Making new friends is important to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
61. Eating calcium-rich foods will help me to make new friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
62. Being physically active each day will help me to lose weight.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
63. Eating calcium-rich foods will make me gain weight.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
64. Maintaining a good weight is important to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SECTION F

For each statement below, fill in the number that most represents how confident *you* feel about the statement. These numbers range from 1 (for *not at all confident*) to 5 (for *very confident*).

How confident are you that you could usually:

(1)  
Not  
at all  
Confident

(3)  
Fairly  
Confident

(5)  
Very  
Confident

65. Drink milk instead of sodas at dinner?	1	2	3	4	5
66. Eat yogurt for a snack?	1	2	3	4	5
67. Eat cereal and milk instead of a donut for breakfast?	1	2	3	4	5
68. Eat a cheeseburger instead of a hamburger for lunch?	1	2	3	4	5
69. Be physically active no matter how busy your day is?	1	2	3	4	5
70. Eat string cheese for a snack?	1	2	3	4	5
71. Ask your parent(s) to take you to sports or physical activity practice?	1	2	3	4	5
72. Eat pudding for a snack?	1	2	3	4	5
73. Be physically active no matter how tired you feel?	1	2	3	4	5
74. Eat broccoli with dinner?	1	2	3	4	5
75. Be physically active at home after school?	1	2	3	4	5
76. Be physically active with friends instead of watching TV or playing video games?	1	2	3	4	5
77. Participate in sports at school?	1	2	3	4	5
78. Ask your parent(s) to sign you up for a sport, dance or physical activity?	1	2	3	4	5
79. Be physically active even though it is hot outside?	1	2	3	4	5
80. Participate in sports outside of school (such as martial arts, gymnastics, summer league)?	1	2	3	4	5
81. Do activities that involve jumping?	1	2	3	4	5
82. Lift weights (free weights, machines)?	1	2	3	4	5
83. Be physically active even though you have a lot of homework?	1	2	3	4	5
84. Drink milk at school?	1	2	3	4	5
85. Ask your parents to buy foods that are high in calcium such as milk?	1	2	3	4	5