

Food Behavior Checklist

飲食行爲清單

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. Vegetable: How much do you eat each day?

蔬菜: 你每天吃多少?



none
沒有



1/2 cup
1/2杯

1 cup
1杯



1 1/2 cups
1 1/2杯

2 cups
2杯



2 1/2 cups
2 1/2杯

3 cups or more
3杯或更多

7. Fruit: How much do you eat each day?

水果: 你每天吃多少?



none
沒有



1/2 cup
1/2杯

1 cup
1杯



1 1/2 cups
1 1/2杯

2 cups
2杯



2 1/2 cups
2 1/2杯

3 cups or more
3杯或更多

8.



Do you eat more than one kind of **fruit** each day?
你每天吃超過一種水果?

- no
不會
 yes,
sometimes
有時會
 yes,
often
經常會
 yes,
always
一定會

9.



Do you eat more than one kind
of **vegetable** each day?
你每天吃超過一種蔬菜?

- no
不會
 yes,
sometimes
有時會
 yes,
often
經常會
 yes,
always
一定會

10.



Do you drink milk?
你會否喝牛奶?

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

11.



Do you take the skin off chicken?
你會否把雞皮去掉?

- no
不會
 yes,
sometimes
有時會
 yes,
often
經常會
 yes,
always
一定會

12.



Did you have fish during the past week?
在過去的一周你有否進食魚類食品?

- yes
有
 no
沒有

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 不會
 yes, sometimes 有時會
 yes, often 經常會
 yes, everyday 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 不會
 yes, sometimes 有時會
 yes, often 經常會
 yes, always 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 不會
 yes, sometimes 有時會
 yes, often 經常會
 yes, always 一定會

16.

How would you rate your eating habits?

你如何評價你的飲食習慣？

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

• The University of California does not discriminate in any of its policies, procedures, or practices. The University is an affirmative action/equal opportunity employer.

Funded by the University of California Cooperative Extension and UC Davis Design Program.