

Families Are Munching Tracking Form
Make 5 or More Your Daily Score!

Name: _____ Grade: _____ Teacher Name: _____ Check one: Girl: _____ Boy: _____

Write down, or draw a picture of, all the vegetables and fruit that you eat everyday:

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Vegetable or Fruit							
Total							

Parents - please turn over to answer a few questions. Thank you!

Families Are Munching Parent Feedback Form

1. On average, how many daily servings of vegetables and fruit did your child eat before the Families Are Munching program?

Reminder: 1 serving = $\frac{1}{2}$ cup juice, $\frac{1}{2}$ cup chopped vegetables or fruit, 1 medium sized vegetable/fruit

More than 5 servings _____ 3-5 servings _____ Less than 3 servings _____

2. On average, how many daily servings of vegetables and fruit did your child eat during the Families Are Munching program?

More than 5 servings _____ 3-5 servings _____ Less than 3 servings _____

3. How much of a difference do you think the Families Are Munching program made in the way the rest of your family ate during the week of the program?

A lot _____ Some _____ A little _____ Not at all _____

Comments: _____

4. How much of a difference do you think the Families Are Munching program will make in the way your child or family will eat in the future?

A lot _____ Some _____ A little _____ Not at all _____

Comments: _____

5. Do you have any other comments or suggestions for the Families Are Munching program?

Comments: _____

Updated: July 3, 2007

Thank you for providing feedback on the Families are Munching Program!