

Students' Pre-Post Questionnaire (Cycle 3)

Activity: Eating According to Season

Name : _____ Date: _____

Please **circle** the right answer or all the answers that apply.

Q1. In your opinion, do your food choices have an impact on... (circle Yes or No for each)

- | | | |
|---|-----|----|
| a. your health | Yes | No |
| b. the environment | Yes | No |
| c. the number of farms we have in Quebec | Yes | No |
| d. local farmers' salary and working conditions | Yes | No |
| e. certain illnesses such as diabetes | Yes | No |

Background information:

Eating according to season means eating only the fruits and vegetables that grow in Quebec when they are in season (for example eating Quebec-grown strawberries in June and Quebec-grown pumpkins in the fall when they are harvested)

Q2. Eating according to season (foods that are available during a given season) can have positive impacts on:

- | | | |
|--------------------|-----|----|
| a. your health | Yes | No |
| b. the environment | Yes | No |

Q3. To know if a fruit or vegetable is in-season at the grocery, you can:

- a. Look at a label that indicates produce that are grown in Quebec
- b. Ask an employee at the grocery
- c. Bring with you a list of fruits and vegetables available during each season (that you can find on the Internet or in a book)
- d. All of the above
- e. None of the above
- f. I don't know

Q4. Which of these fruits and vegetables CANNOT be grown in Quebec?

| | |
|----------|-------------|
| Squash | Tomatoes |
| Garlic | Oranges |
| Kiwi | Pomegranate |
| Zucchini | Cantaloup |

Q5. When cooking, it is often possible to substitute fruits and vegetables grown in another country by fruits and vegetables grown in Quebec.

True or False

Q6. I know Quebec produces a lot of blueberries. Thus, when I see blueberries at the grocery store, it necessarily means that they were grown in Quebec.

True or False

Q7. Answer True or false for each of the following statements:

I. Fruits and vegetables that are grown locally...

- a. travel short distances and cause much less air pollution. **T or F**
- b. are less fresh and thus, less nutritious. **T or F**
- c. bought directly from the farmer help maintain farms in Quebec (that might otherwise disappear). **T or F**

II. Organic food...

- a. uses production methods that are harmful to the environment. **T or F**
- b. is better for your health. **T or F**

Q8. Healthy eating helps prevent illnesses such as Type 2 Diabetes.

True or False

Q9. Do you think children your age can help with the following? (Please answer by filling the circle that best describes your opinion.)

| | I strongly agree | I agree | I disagree | I strongly disagree |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| a. I think children my age can make food choices that will have a positive impact on local farmers (help them keep their farms, earn a fair salary, etc.)... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. I think children my age can make more environmentally-friendly food choices... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. I think children my age can make healthier food choices... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Thanks !

