

FV Norms-self-efficacy – school lunch

1. My friends eat a serving of fruit at school lunch when I am with them.

- Never
- Sometimes
- Often
- Always

1. My friends eat a serving of cooked vegetables at school lunch when I am with them.

- Never
- Sometimes
- Often
- Always

2. Most kids eat a serving of fruit at school lunch.

- Never
- Sometimes
- Often
- Always

3. Most kids eat a serving of cooked vegetables at school lunch.

- Never
- Sometimes
- Often
- Always

4. Most kids eat a serving of raw vegetables like carrot sticks at school lunch.

- Never
- Sometimes
- Often
- Always

5. How much do your friends encourage you to eat a serving of fruit at school lunch?

- They tell me not to
- Not at all
- A little
- A lot

6. How much do your friends encourage you to eat a serving of cooked vegetables at school lunch?

- They tell me not to
- Not at all
- A little
- A lot

7. At school, how sure are you that you can eat a serving of fruit once or twice a week?

- I cannot
- A little sure I can
- Very sure I can

8. At school, how sure are you that you can eat a serving of cooked vegetable once or twice a week?

- I cannot
- A little sure I can
- Very sure I can

9. At school, how sure are you that you can eat a serving of fruit at every lunch?

- I cannot
- A little sure I can
- Very sure I can

10. At school, how sure are you that you can eat a serving of fruit even if your friends do not?

- I cannot
- A little sure I can
- Very sure I can

11. At school, how sure are you that you can eat a serving of cooked vegetable even if your friends are not eating a vegetable?
- I cannot
 - A little sure I can
 - Very sure I can
12. At school, how sure are you that you can eat a serving of raw vegetables like raw carrot sticks once or twice a week?
- I cannot
 - A little sure I can
 - Very sure I can
13. At school, how sure are you that you can eat a serving of raw vegetables like carrot sticks even if your friends are not eating raw vegetables?
- I cannot
 - A little sure I can
 - Very sure I can
14. At school, how sure are you that you can bring fruit from home to eat once or twice a week?
- I cannot
 - A little sure I can
 - Very sure I can
15. At school, how sure are you that you can bring fruit from home to eat every time you bring your lunch?
- I cannot
 - A little sure I can
 - Very sure I can
16. At school, how sure are you that you can bring a serving of vegetable from home to eat every time you bring your lunch?
- I cannot
 - A little sure I can
 - Very sure I can
17. At school, how sure are you that you can bring a fruit from home to eat when you bring your lunch, even if your friends are not?
- I cannot
 - A little sure I can
 - Very sure I can
18. At school, how sure are you that you can bring a serving of vegetable from home to eat when you bring your lunch even if your friends are not?
- a. • I cannot
 - A little sure I can
 - Very sure I can
19. How sure are you that you can ask your mom to put a serving of vegetables like carrot sticks in the lunch she prepares for you?
- a. • I cannot
 - A little sure I can
 - Very sure I can
20. How sure are you that you can finish eating a serving of vegetable, even if your friend says something bad about vegetables?
- a. • I cannot
 - A little sure I can
 - Very sure I can
21. When you eat at the school snack bar, how sure are you that you can buy fruit once or twice a week?
- a. • I cannot
 - A little sure I can
 - Very sure I can

22. When you eat at the school snack bar, how sure are you that you can buy a vegetable once or twice a week?
- a. • I cannot • A little sure I can • Very sure I can
23. When you eat at the school snack bar, how sure are you that you can buy fruit even if your friends are not?
- a. • I cannot • A little sure I can • Very sure I can
24. When you eat at the school snack bar, how sure are you that you can buy a vegetable even if your friends are not?
- a. • I cannot • A little sure I can • Very sure I can
25. When you eat at the school snack bar, how sure are you that you can buy fruit at every lunch?
- a. • I cannot • A little sure I can • Very sure I can