

**Local Foods Connection
Food Fact Sheet Quizzes
Client Responses 2007**

Purposeful Eating

What is your favorite time of the day to eat?

1. At night - Because I usually feel I have more time to prepare my meal and am more focused on preparing it. Likewise, I have more time to eat & enjoy it, having no other obligations on my time for the day.
2. Lunch – since I can usually eat with friends.
3. When I wake up. I am not in a hurry.
4. Evening - Because I can take my time and enjoy it.
5. 4:00 p.m. – an old habit from back in high school. I wouldn't really eat lunch at school, so lunch started being at 4:00 p.m., right when I got home from school.
6. 9:00 a.m. because I like breakfast foods and eating breakfast helps me function better throughout the day.
7. Breakfast: I like the newness of the morning. I feel more like cooking when I'm well-rested and my tummy is well-rested too! I enjoy preparing and eating breakfast-type foods (egg dishes, fresh fruits, baked goods, fresh-brewed teas, hot cereals).
8. Evening – work stress is over for the day!
9. Dinner - because we eat together.
10. Lunchtime. A variety of foods are quite common during that time – ranging from “breakfast items” to “dinner items.” It is also the meal I usually get to eat with other adults, so there is stimulating conversations and smiles.
11. Lunch – I'm usually always the hungriest.
12. Afternoon - because I don't have appointments.
13. 12:30 – 1:00 Lunch. Lunch is delicious.
14. Morning – My body and brain feel very hungry in the morning.
15. Noon. Because I know if I miss breakfast for any reason, I'll feed myself at lunch, and that helps. And night I do.
16. 11:00 a.m. I don't get hungry as much if I wait until 11:00 and I also don't eat as much for the whole day.

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Obesity Prevention

What is your favorite physical activity? Why?

1. Trampoline – jumping! Because it is fun, fun, **fun** and because it is a rare occasion that I get to do it.
2. Walking. I like to look and observe life.
3. Dancing – when I can. Walking – because it is easier on my knees.
4. Gardening – It is great to be productive in a way that benefits more than just my physical health.
5. Walking because the whole family can join in.
6. Dancing because it is fun.
7. Walking: it gives me opportunities to really experience what's going on all around me, wherever I may go. It's a low-impact, aerobic, self-paced activity. It requires no special equipment, facilities or apparel, other than comfortable shoes!
8. Bicycling – I escape reality and think pleasant thoughts!
9. Gardening or yard work – because it always needs to be done and I can see instant results.
10. I like to powerwalk while my daughter rides her scooter. It is a great way, as a single parent, to exercise and spend quality time that instills an excellent habit with my child.
11. Baseball because it's fun. (age 9)
12. Walking on a treadmill because I don't like to be fat.
13. Walking with a friend four about one mile. Its fun and you get a lot of energy. Riding a bike with a friend for about 18-20 mph a day. I have lot of energy and fun.
14. Walking and bicycling. They are 'nonviolent' forms of exercise, get me from point "A" to point "B" and I like the view.
15. Walking – that helps me to be active and because of my job's needs.
16. Walking – to get outside and get fresh air.

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Apples

Do you have a favorite variety of apple? What is it and why?

1. Gala – crisp, somewhat sweet, not mealy.
2. Macouns – they are crisp, sweet and exceptionally delicious for eating out-of-hand.
3. Honeycrisp because they are not musky.
4. Granny Smith. I like the sweet, tart flavor.
5. Cameo Apples: Firm, juicy texture; balanced sweet/tart flavor; small-to-medium size, perfect for a single-portion snack.
6. Winesap – crisp, flavorful
7. I am very fond of the Gala because of the fabulous flavor.
8. Sour apples – granny smith. (age 9)
9. Green Delicious apples. They are sweet and have a lot of juice.
10. Golden – because it's a variety we have the most in West Africa. It's sweet and because of the dentist's order for the kids. Since I have been in Iowa, I like Gala, because it is sweet and the kids like to eat that variety.
11. Delicious – better flavor.

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Apples (continued)

What is your favorite way to eat apples and why?

1. Eat all of the peel first, then finish off the rest of the flesh around the core. They are two different tastes; also, my teeth are more sensitive to the outer layers.
2. Sliced and dipped into a mixture of peanut or almond butter – raisins, sunflower seeds, and honey. This snack satisfies all of my cravings at once: sweet, salty, crunchy.
3. Whole, raw. Because it is more natural and there is hardly any work involved to prepare it.
4. Raw, I like the crunchy sound.
5. This is a quick and easy, multi-sensory, nutritious snack: Core and slice a firm, sweet/tart apple. Dip each slice in almond butter – smooth or chunky. Or spread each with almond butter if the butter is very thick. Enjoy alternating a slice of 'battered' apple with a simple cracker (triscuit thin crisps) and a sip of lemon-flavored, unsweetened iced sparkling water. Your mouth and tummy will be very happy.
6. Apples can cause gas and diarrhea – cooking them seems to be less damaging.
7. Just wash and eat – a great on-the-go snack.
8. In slices because it is easier to eat. (age 9)
9. Cut – they are easier and it doesn't seem like a lot. With caramel – they are sweet and nutritious, and a good snack for you.
10. My favorite way to eat apples is to eat them raw with the skin on.
11. Slice it and put caramel on it, or just slice and eat.