

The demographic portion of the survey was removed. For questions on the survey please contact nmeyer2@uccs.edu

Food Literacy

Please choose the best answer from the following options.

1. Do you know what a Community Supported Agriculture (CSA) is?

- ☐ Yes
- ☐ No
- ☐ I don't know

2. Which of the following food items is NOT commonly part of a CSA share?

- ☐ Vegetables
- ☐ Meat
- ☐ Pasta
- ☐ I don't know

3. In which season is butternut squash commonly harvested?

- ☐ Spring
- ☐ Summer
- ☐ Fall
- ☐ I don't know

4. In which season are tomatoes typically harvested?

- ☐ Spring
- ☐ Summer
- ☐ Fall
- ☐ I don't know

5. In which season is zucchini typically harvested?

- ☐ Spring
- ☐ Summer
- ☐ Fall
- ☐ I don't know

6. Where do asparagus naturally grow?

- ☐ Under the ground
- ☐ Above the ground
- ☐ On a tree
- ☐ I don't know

7. Where does a garlic (bulb) naturally grow?

- ☐ Under the ground
- ☐ Above the ground
- ☐ On a tree
- ☐ I don't know

8. Where do cherries naturally grow?

- ☐ Under the ground
- ☐ Above the ground
- ☐ On a tree
- ☐ I don't know

9. On average, what percentage of their income do Americans spend on food?

- ☐ 10%
- ☐ 20%
- ☐ 30%
- ☐ I don't know

10. On average, how many miles does food travel from harvest to consumer?

- ☐ 3000miles
- ☐ 1500miles
- ☐ 500miles
- ☐ I don't know

11. The more fish we eat, the less will be available for those living in coastal regions who depend on it for survival.

- ☐ True
- ☐ False
- ☐ I don't know

12. Since the beginning of agriculture, biodiversity of edible plants has increased by 50%.

- ☐ True
- ☐ False
- ☐ I don't know

13. Eating a diet rich in biodiversity improves nutrition and health.

- ☐ True
- ☐ False
- ☐ I don't know

14. How much food is wasted in the U.S. annually?

- ☐ 60%
- ☐ 40%
- ☐ 10%
- ☐ I don't know

15. How many pounds of grains are needed to produce 1 lb. (pound) of conventionally raised beef?

- ☐ 4lbs
- ☐ 8lbs
- ☐ 16lbs
- ☐ I don't know

16. 30% of all carbon emissions come from agriculture.

- ☐ True
- ☐ False
- ☐ I don't know

17. A supermarket is an example of a local food store.

- ☐ True
- ☐ False
- ☐ I don't know

18. Of the following markets, which uses the least amount of energy?

- ☐ Local grocery store
- ☐ Chain grocery store
- ☐ Farmers market
- ☐ I don't know

19. Which of the following farming techniques is expected to deplete nutrients from the soil the fastest?

- ☐ Monoculture
- ☐ Polyculture
- ☐ Permaculture
- ☐ I don't know

20. Going to a farmers market has no effect on the local economy.

- ☐ True
- ☐ False
- ☐ I don't know

21. Do you know what a genetically modified organism (GMO) is?

- ☐ Yes
- ☐ No
- ☐ I don't know

22. In the U.S., which of the following is mostly a non GMO crop?

- ☐ Corn
- ☐ Carrots
- ☐ Soy
- ☐ I don't know

23. Do you know what a carbon footprint is?

- ☐ Yes
- ☐ No

24. Which of the following strategies has the smallest impact on our carbon footprint?

- ☐ Eating less meat
- ☐ Eating locally
- ☐ Eating organically
- ☐ I don't know

25. Which of the following protein sources has the lowest carbon footprint and the highest potential to boost health?

- ☐ Beef
- ☐ Cheese
- ☐ Beans
- ☐ I don't know

26. Have you heard of the Farm Bill?

- ☐ Yes
- ☐ No
- ☐ I don't know

27. Cucumbers can be best kept through fall and winter by which of the following?

- ☐ Freezing
- ☐ Pickling
- ☐ Drying
- ☐ I don't know

28. Which of the following does NOT celebrate food tradition?

- ☐ Attending a cultural food festival
- ☐ Eating a frozen pizza in front of the TV
- ☐ Cooking and eating together
- ☐ I don't know

29. Family meals can boost academic performance, nutrition and quality of life.

- ☐ True
- ☐ False
- ☐ I don't know

30. Gardening or farming are low-intensity activities and not strenuous enough to improve fitness.

- ☐ True
- ☐ False
- ☐ I don't know

31. Given the following options of locally and humanely raised animal proteins, which of them is the most sustainable choice in your diet?

- ☐ Grass-fed beef
- ☐ Heritage turkey
- ☐ Local eggs
- ☐ I don't know

32. Eating more vegetarian and vegan meals has no impact on one's health or sustainability.

- ☐ True
- ☐ False
- ☐ I don't know

33. When kids grow vegetables, they eat more vegetables.

- ☐ True
- ☐ False
- ☐ I don't know

Thank you very much for completing this survey.