

Post Campaign Survey (Nutrition & Healthy Meals)

Post campaign survey measures changes in respondents’ **knowledge, food choices, hydration, and healthy habits** after the awareness/project activities.

1.
- 1.How has your understanding of balanced nutrition and healthy eating habits improved after awareness about nutrition and healthy meals drive?

Mark only one oval.

- ☐ Not at all
- ☐ Somewhat
- ☐ Completely

2.
2. Do you now understand what a balanced diet means?

Mark only one oval.

- ☐ Yes, very well
- ☐ Somewhat
- ☐ Not yet

3.
- 3.How often do you include nutritious foods (like fruits, vegetables, proteins) in your daily meals after the campaign awareness program?

Mark only one oval.

- ☐ Much less often
- ☐ Less often
- ☐ More often

4. 4. How has your consumption of junk food changed during and after the campaign drive?

Mark only one oval.

- ☐ Increased significantly
- ☐ Increased slightly
- ☐ Decreased significantly

5. 5. Did participating in the awareness campaigns and activities help you feel more confident promoting healthy eating to others?

Mark only one oval.

- ☐ Not at all
- ☐ Somewhat
- ☐ Completely

6. 6. How useful were the weekly balanced meal plans and healthy tiffin guidelines for your daily food choices?

Mark only one oval.

- ☐ Not useful
- ☐ Useful
- ☐ Somewhat useful

7. 7. Have you reduced your consumption of junk, fried or highly processed foods?

Mark only one oval.

- ☐ Yes, significantly
- ☐ Yes, to some extent
- ☐ No, but I am planning to reduce them

8. 8. What can happen when a person regularly eats a poor-quality diet containing excess sugar, salt and highly processed foods?

Mark only one oval.

- ☐ Increase the risk of overweight and lifestyle related health problems
- ☐ Improves immunity
- ☐ improves better concentration

9. 9. Which of the following is a healthy change a student can make?

Mark only one oval.

- ☐ Skipping breakfast regularly
- ☐ Eating fried food every day
- ☐ Including fruits or vegetables in meals and snacks

10. 10. Which statement best describes the main message of the Nutrition and Healthy Meals campaign?

Mark only one oval.

- ☐ Healthy eating means eating less food
- ☐ One particular food can provide everything our body needs
- ☐ Good nutrition means eating a variety of nutritious foods in a balanced way

This content is neither created nor endorsed by Google.

Google Forms

