

PARTICIPANT RESPONSE CARDS: Secret Messages for Jiff the Joey

<p>1. Do you wash your hands before you eat or before you make something to eat?</p> <p>A. Almost always S. Sometimes H. Hardly ever</p>	<p>5. Do you eat vegetables such as carrots, potatoes, peas or green beans every day?</p> <p>A. Almost always S. Sometimes H. Hardly ever</p>	<p>9. Do you have milk, cheese or yogurt every day?</p> <p>A. Almost always S. Sometimes H. Hardly ever</p>
<p>2. Do you exercise every day by doing things such as walking to school, helping around the house, raking leaves, shoveling snow or walking the dog?</p> <p>A. Almost always S. Sometimes H. Hardly ever</p>	<p>6. Do you exercise or play active games every day with your friends or family? (Active games are those that have you move around while you're playing them.)</p> <p>A. Almost always S. Sometimes H. Hardly ever</p>	<p>10. Do you eat foods such as bread, cereal or noodles every day?</p> <p>A. Almost always S. Sometimes H. Hardly ever</p>
<p>3. Do you sweat when you play games or do exercise?</p> <p>A. Almost always S. Sometimes H. Hardly ever</p>	<p>7. Do you eat fruit such as apples, oranges, grapes, bananas or raisins every day?</p> <p>A. Almost always S. Sometimes H. Hardly ever</p>	<p>11. Do you use a jump rope for jumping or stretching?</p> <p>A. Almost always S. Sometimes H. Hardly ever</p>
<p>4. Do you eat breakfast every day?</p> <p>A. Almost always S. Sometimes H. Hardly ever</p>	<p>8. When you watch television, do you exercise, stretch or dance during the commercials?</p> <p>A. Almost always S. Sometimes H. Hardly ever</p>	

RESPONSE CARD HOLDER TEMPLATE: Secret Messages for Jiff the Joey

Instructions: Copy or enlarge this template on heavyweight paper. Color the art if you wish. Cut an opening in the kangaroo pouch (between the dots) to drop the cards into. Tape a piece of paper to the back of the pouch large enough to hold the cards. You can laminate the kangaroo or reinforce the pouch opening with tape to make it more durable.

