# Self-Assessment Worksheet: What Influences My Eating Behaviors?

Name: Blank Class: Blank Date: Blank

Managing good nutrition involves numerous changing factors over your lifespan. Your age, stage in life, access to food, and efforts to manage your weight all have impacts on your diet. This self-assessment asks questions about how these factors influence your current choices. Answer each question in the following chart by selecting the response that is most accurate for you. When you are done, add up your points. The closer you are to 24 points, the healthier your diet is.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Always | Sometimes | Never |
| I eat iron-rich foods like meat, shellfish, and dark green leafy vegetables daily. | 3 | 2 | 1 |
| I eat calcium-rich foods like milk, yogurt, cheese, and dark leafy vegetables daily. | 3 | 2 | 1 |
| I am able to eat food that is kept clean and cold and has been safely prepared. | 3 | 2 | 1 |
| I have access to enough food each day. | 3 | 2 | 1 |
| I haven’t tried to lose or gain weight unless my doctor asked me to. | 3 | 2 | 1 |
| I like my body and am proud of what it can do. | 3 | 2 | 1 |
| I believe I am at a healthy weight. | 3 | 2 | 1 |
| I am willing to ask others to support me in eating healthy. | 3 | 2 | 1 |

My score for What Influences My Eating Behaviors? = Blank (total number of points)