

## Knowledge, Attitudes and Behaviors Questionnaire (KAB)

**Version G  
Spring 2000**

Student ID: _____ Grade: 05 Student Name: (last) _____ (first, middle init.) _____ Class ID: _____ Teacher: _____	<i>Paste label to left or print information</i>
Student Name ( <i>print name here</i> ): _____	Date: _____

## Tribal Identity

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1 What tribe or tribes do you belong to? Circle the letter next to the tribe or tribes that you belong to.

- a. Apache
  - b. Other tribe
  - c. I do not belong to any tribe
- 

2 Do you understand Apache when someone else speaks it?

- a. Yes
  - b. No
- 

3 Can you speak Apache?

- a. Yes
  - b. No
- 

4 What do you speak most at home? Please circle only one answer.

- a. Apache
  - b. English
- 

5 Do the adults in your house teach you about Apache people?

- a. Yes
  - b. No
-

## Tribal Identity

---

1 What tribe or tribes do you belong to? Circle the letter next to the tribe or tribes that you belong to.

- a. Oglala Lakota
  - b. Sicangu Lakota
  - c. Other tribe
  - d. I do not belong to any tribe
- 

2 Do you understand Lakota when someone else speaks it?

- a. Yes
  - b. No
- 

3 Can you speak Lakota?

- a. Yes
  - b. No
- 

4 What do you speak most at home? Please circle only one answer.

- a. Lakota
  - b. English
- 

5 Do the adults in your house teach you about Lakota people?

- a. Yes
  - b. No
-

## Tribal Identity

---

1 What tribe or tribes do you belong to? Circle the letter next to the tribe or tribes that you belong to.

- a. Navajo
  - b. Hopi
  - c. Apache
  - d. Other tribe
  - e. I do not belong to any tribe
- 

2a Do you understand Navajo when someone else speaks it?

- a. Yes
  - b. No
- 

2b Do you understand Hopi when someone else speaks it?

- a. Yes
  - b. No
- 

2c Do you understand Apache when someone else speaks it?

- a. Yes
  - b. No
- 

3a Can you speak Navajo?

- a. Yes
  - b. No
- 

3b Can you speak Hopi?

- a. Yes
  - b. No
-

---

3c Can you speak Apache?

- a. Yes
- b. No

---

4 What do you speak most at home? Please circle only one answer.

- a. Navajo
- b. Hopi
- c. Apache
- d. English

---

5a Do the adults in your house teach you about Navajo people?

- a. Yes
- b. No

---

5b Do the adults in your house teach you about Hopi people?

- a. Yes
- b. No

---

5c Do the adults in your house teach you about Apache people?

- a. Yes
  - b. No
-

## Tribal Identity

---

1 What tribe or tribes do you belong to? Circle the letter next to the tribe or tribes that you belong to.

- a. Tohono O'odham
  - b. Pima
  - c. Maricopa
  - d. Other tribe
  - e. I do not belong to any tribe
- 

2a Do you understand Tohono O'odham when someone else speaks it?

- a. Yes
  - b. No
- 

2b Do you understand Pima when someone else speaks it?

- a. Yes
  - b. No
- 

2c Do you understand Maricopa when someone else speaks it?

- a. Yes
  - b. No
- 

3a Can you speak Tohono O'odham?

- a. Yes
  - b. No
- 

3b Can you speak Pima?

- a. Yes
  - b. No
-

---

3c Can you speak Maricopa?

- a. Yes
- b. No

---

4 What do you speak most at home? Please circle only one answer.

- a. Tohono O'odham
- b. Pima
- c. Maricopa
- d. English

---

5a Do the adults in your house teach you about Tohono O'odham people?

- a. Yes
- b. No

---

5b Do the adults in your house teach you about Pima people?

- a. Yes
- b. No

---

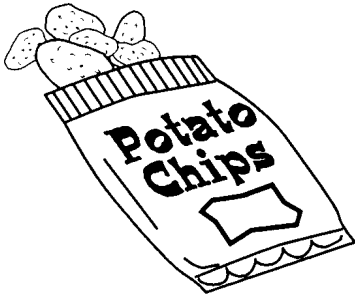
5c Do the adults in your house teach you about Maricopa people?

- a. Yes
  - b. No
-

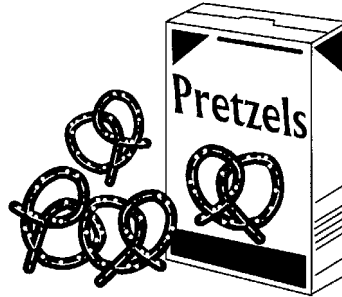
## What Would You Do?

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1 Which would you pick for a snack?



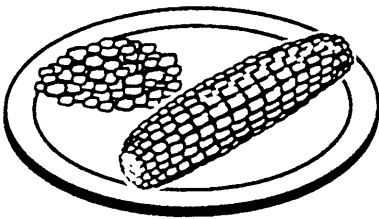
1  
potato chips



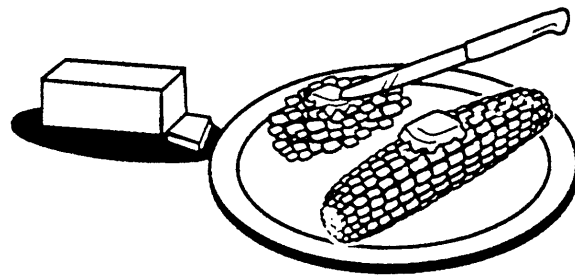
2  
pretzels

---

2 Which would you do?



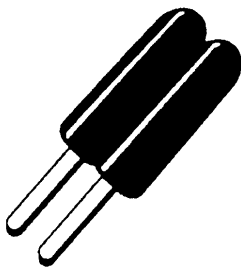
1  
eat corn with no butter



2  
eat corn with butter

---

3 Which one would you ask for?



1  
popsicle



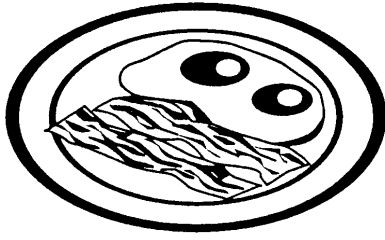
2  
ice cream

---

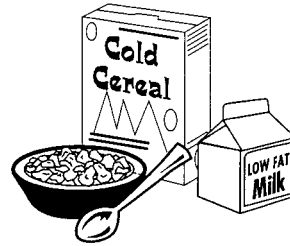


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4 Which would you choose for breakfast?



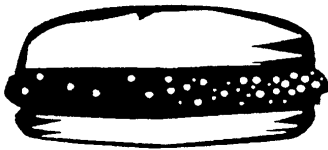
1  
eggs, bacon



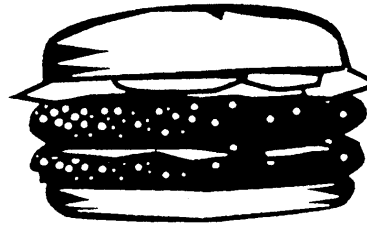
2  
cold cereal

---

5 Which would you order at a fast food restaurant?



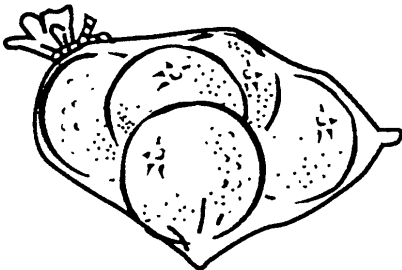
1  
regular hamburger



2  
extra big hamburger

---

6 Which food would you ask the adults in your house to buy?



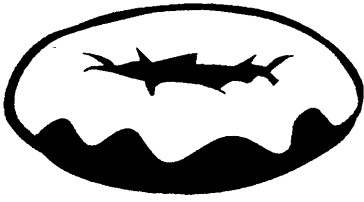
1  
bag of oranges



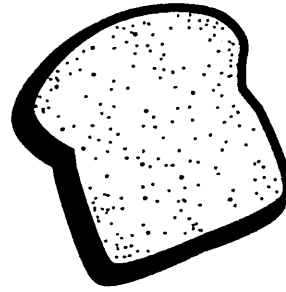
2  
bag of tortilla chips

---

7 Which would you choose to eat in the morning?



1  
donut



2  
toast with no butter

---

8 Which would you choose to drink?



1  
diet pop



2  
regular pop

## How Sure Are You?

---

1 I can play hard during most of recess.

<sup>1</sup>  
I know I can

<sup>2</sup>  
I think I can

<sup>3</sup>  
I'm not sure I can

<sup>4</sup>  
I know I can't

---

2 I can play hard during most of P.E. class.

<sup>1</sup>  
I know I can

<sup>2</sup>  
I think I can

<sup>3</sup>  
I'm not sure I can

<sup>4</sup>  
I know I can't

---

3 I can play hard every day.

<sup>1</sup>  
I know I can

<sup>2</sup>  
I think I can

<sup>3</sup>  
I'm not sure I can

<sup>4</sup>  
I know I can't

---

4 At the store, I can ask for a popsicle instead of ice cream.

<sup>1</sup>  
I know I can

<sup>2</sup>  
I think I can

<sup>3</sup>  
I'm not sure I can

<sup>4</sup>  
I know I can't

---

5 I can eat a fruit (for example: banana, apple, or orange) every day.

<sup>1</sup>  
I know I can

<sup>2</sup>  
I think I can

<sup>3</sup>  
I'm not sure I can

<sup>4</sup>  
I know I can't

---

---

6 I can drink water instead of regular pop or Kool-aid.

<sup>1</sup>  
I know I can

<sup>2</sup>  
I think I can

<sup>3</sup>  
I'm not sure I can

<sup>4</sup>  
I know I can't

---

7 At home, I can ask for cheese pizza instead of pepperoni pizza.

<sup>1</sup>  
I know I can

<sup>2</sup>  
I think I can

<sup>3</sup>  
I'm not sure I can

<sup>4</sup>  
I know I can't

---

8 I can ask for corn with no butter.

<sup>1</sup>  
I know I can

<sup>2</sup>  
I think I can

<sup>3</sup>  
I'm not sure I can

<sup>4</sup>  
I know I can't

---

9 I can drink diet pop instead of regular pop.

<sup>1</sup>  
I know I can

<sup>2</sup>  
I think I can

<sup>3</sup>  
I'm not sure I can

<sup>4</sup>  
I know I can't

---

10 At school, I can try a new vegetable.

<sup>1</sup>  
I know I can

<sup>2</sup>  
I think I can

<sup>3</sup>  
I'm not sure I can

<sup>4</sup>  
I know I can't

---

11 At the store, I can ask to buy fruit instead of potato chips.

<sup>1</sup>  
I know I can

<sup>2</sup>  
I think I can

<sup>3</sup>  
I'm not sure I can

<sup>4</sup>  
I know I can't

---

**Curriculum Scale (3rd grade)**

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1 Which kinds of foods are the most healthy to eat every day?

- a. foods with no fat or very little fat
- b. foods that are fried
- c. foods that have butter or margarine added to them

---

2 Which lets you know you are doing an exercise that is healthy for your body?

- a. breathing harder
- b. getting dizzy
- c. becoming sleepy

---

3 Which food has the lowest amount of fat?

- a. pretzels
- b. donuts
- c. potato chips

---

4 Which kind of milk has the lowest amount of fat?

- a. whole milk
- b. skim milk
- c. 2% milk

---

5 Which will get rid of the most fat in ground meat before you eat it?

- a. fry the ground meat until well done
- b. cook the ground meat without using oil
- c. cook the ground meat, drain it, and rinse it with hot water

---

6 Which of these breakfasts has the lowest amount of fat?

- a. cereal and low fat milk
  - b. fried eggs and bacon
  - c. pancakes and sausage
-

---

7 Which one of these foods is the healthiest choice for a snack?

- a. buttered popcorn
  - b. taco chips
  - c. frozen juice bar
-

## Curriculum Scale (4th grade)

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1 Which of these foods has the lowest amount of fat?

- a. fried chicken
  - b. green vegetables
  - c. chocolate candy
- 

2 How often should you eat foods that have lots of fat or beverages with lots of sugar in them?

- a. as often as you like
  - b. only once in a while, not every day
  - c. several times each day
- 

3 Which beverage has the lowest amount of sugar?

- a. diet pop
  - b. regular pop
  - c. regular Kool-aid
- 

4 Which is the best way to help friends who want to get more exercise?

- a. ignore them
  - b. tell them some things you do to get exercise
  - c. become their exercise partner
- 

5 Which part of a food label tells how much fat is in the food?

- a. the brand name
  - b. the ingredients
  - c. the nutrition facts
- 

6 Which will have the lowest amount of fat?

- a. a hamburger with cheese
  - b. a hamburger with lettuce, tomato and pickle
  - c. a hamburger and fries
- 

7 Which is best for getting plenty of exercise?

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- a. exercise by your own exercise plan and goals
  - b. exercise only the amount you feel like each day
  - c. exercise the same amount your friends do
-



## Curriculum Scale (5<sup>th</sup> Grade)

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1. Which is the best way to make sure you exercise at least 15 minutes each day?
  - a. Wait until you feel like exercising and have some spare time
  - b. Exercise whenever you can find the time during the week
  - c. Plan for when and where you will exercise each day

---
2. It is recommended that every day you eat at least how many servings of fruit and how many servings of vegetables?
  - a. One serving of fruit and one serving of vegetables
  - b. Two servings of fruit and three servings of vegetables
  - c. One serving of fruit or one serving of vegetables but not both

---
3. Which is best for a low-fat, everyday snack?
  - a. Pretzels
  - b. Ice cream bar
  - c. Sunflower seeds

---
4. How much sugar is in a can of most kinds of regular pop?
  - a. About 40 grams or 10 teaspoons of sugar
  - b. About 100 grams or 25 teaspoons of sugar
  - c. Most regular pop has little or no sugar

---
5. Which is the best way to know for sure whether a food has a lot of fat?
  - a. Look for signs of fat on the food label
  - b. Look for the number of grams of fat listed on the nutrition facts
  - c. Taste the food to see if it tastes like it has a lot of fat in it

---
6. Which of the following contains no fat?
  - a. Fried potatoes
  - b. Raw potato
  - c. Potato chips

---
7. Which is the best way to stay physically active throughout the entire day?

- a. Plan times every day when you can exercise with your family and friends
  - b. Exercise during PE class at school and no other time
  - c. Exercise at home if nothing else is going on
- 

8. Which is the best way to teach a new physical activity to others?

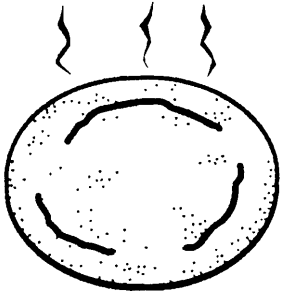
- a. Share what you know about the new activity and be supportive
  - b. Wait until others tell you they want to learn the new activity
  - c. Let others practice learning the new activity on their own
-

# Which Food Has More Fat?

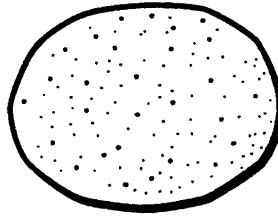
1 fry bread

tortilla

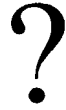
don't know



1



2



3

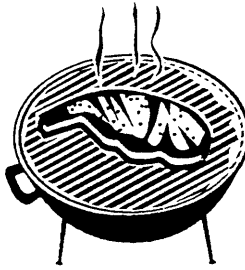
2 meat fried in a pan

meat cooked on a grill

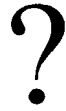
don't know



1



2

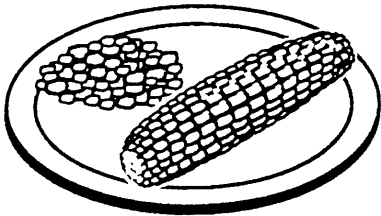


3

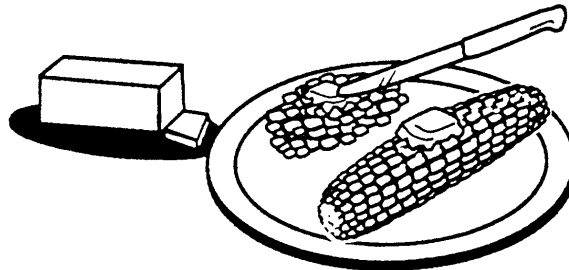
3 corn with no butter

corn with butter

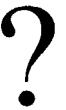
don't know



1



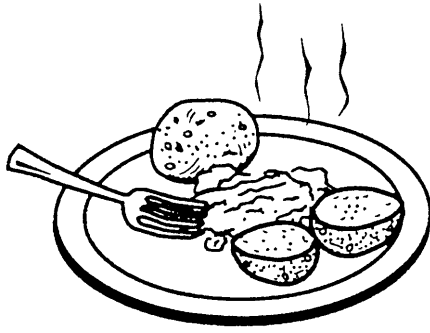
2



3

---

4 boiled potato



1

fried potato



2

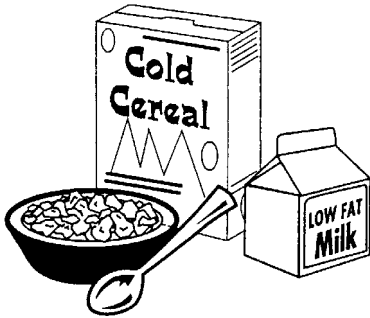
don't know



3

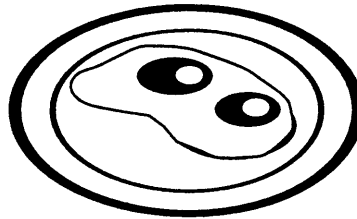
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5 cold cereal



1

fried eggs



2

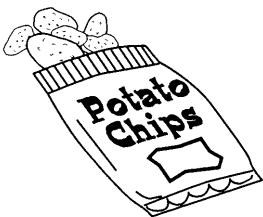
don't know



3

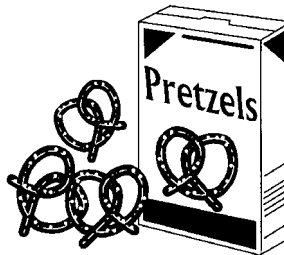
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6 chips



1

pretzels



2

don't know



3

## PSPP Scale

	Really True for Me	Sort of True for Me				Sort of True for Me	Really True for Me
1	<input type="checkbox"/>	<input type="checkbox"/>	Some kids feel unsure that they can do hard exercise	BUT	other kids feel sure that they can do hard exercise.	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	Some kids feel that they are not strong compared to other kids their age	BUT	other kids feel that they are stronger than other kids their age.	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	Some kids have a lot of energy for hard physical exercise	BUT	other kids soon get out of breath and have to slow down or quit.	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	Some kids think that they have stronger muscles than other kids their age	BUT	other kids feel that they have weaker muscles than other kids their age.	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	Some kids don't have much energy and fitness	BUT	other kids have lots of energy and fitness.	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>	Some kids are not sure they are strong enough	BUT	other kids are very sure that they are strong enough.	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>	Some kids try to take part in hard exercise whenever they can	BUT	other kids try to skip doing hard exercise if they can.	<input type="checkbox"/>	<input type="checkbox"/>

	Really True for Me	Sort of True for Me			Sort of True for Me	Really True for Me	
8	<input type="checkbox"/>	<input type="checkbox"/>	When strong muscles are needed, some kids are the first to step forward	BUT	other kids are the last to step forward when strong muscles are needed.	<input type="checkbox"/>	<input type="checkbox"/>
9	<input type="checkbox"/>	<input type="checkbox"/>	Some kids soon have to quit running and exercising because they get tired	BUT	other kids can run and do exercises for a long time without getting tired.	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	Some kids feel that they are not as good as others when physical strength is needed	BUT	other kids feel that they are among the best when physical strength is needed.	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	When it comes to activities like running, some kids are able to keep going	BUT	other kids soon have to quit to take a rest.	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	Some kids think that they are strong, and have good muscles compared to other kids their age	BUT	other kids think that they are weaker, and don't have such good muscles as other kids their age.	<input type="checkbox"/>	<input type="checkbox"/>

## What Do You Think About Yourself?

---

1 Do you think you are

<sup>1</sup>  
Too skinny

<sup>2</sup>  
About right

<sup>3</sup>  
Too fat

---

2 Do you worry about being too skinny?

<sup>1</sup>  
Yes

<sup>2</sup>  
No

---

3 Do you worry about being too fat?

<sup>1</sup>  
Yes

<sup>2</sup>  
No

---

4 Have you ever tried to lose weight?

<sup>1</sup>  
Yes

<sup>2</sup>  
No

---

5 Are you now trying to lose weight?

<sup>1</sup>  
Yes

<sup>2</sup>  
No

---

---

6 Circle the “Yes” beside all the things you have ever done to try to lose weight and the “No” beside all the things you have never done to try to lose weight.

- |   |                     |                    |
|---|---------------------|--------------------|
| a. I changed what or how much I ate to lose weight      | <sup>1</sup><br>Yes | <sup>2</sup><br>No |
| b. I exercised more to lose weight                      | <sup>1</sup><br>Yes | <sup>2</sup><br>No |
| c. I skipped a whole meal to lose weight                | <sup>1</sup><br>Yes | <sup>2</sup><br>No |
| d. I went for a whole day without eating to lose weight | <sup>1</sup><br>Yes | <sup>2</sup><br>No |
| e. I ate only cooked food to lose weight                | <sup>1</sup><br>Yes | <sup>2</sup><br>No |
| or  |                     |                    |
| f. I have never tried to lose weight                    | <sup>1</sup><br>Yes | <sup>2</sup><br>No |

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7 Have you ever done anything else to lose weight?

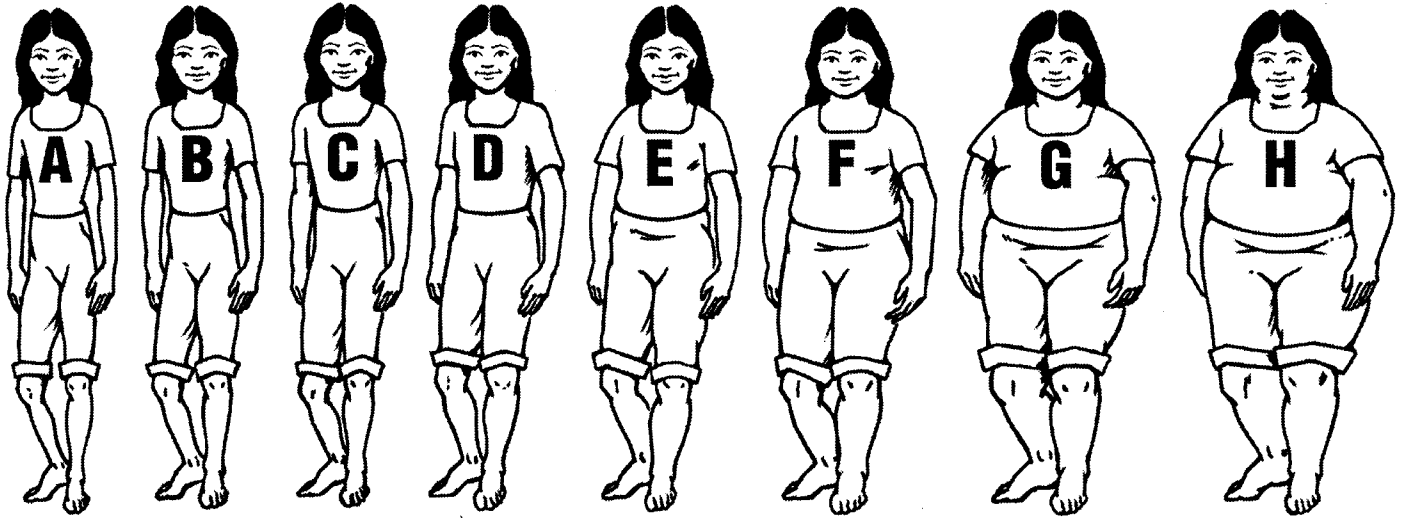
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Girls



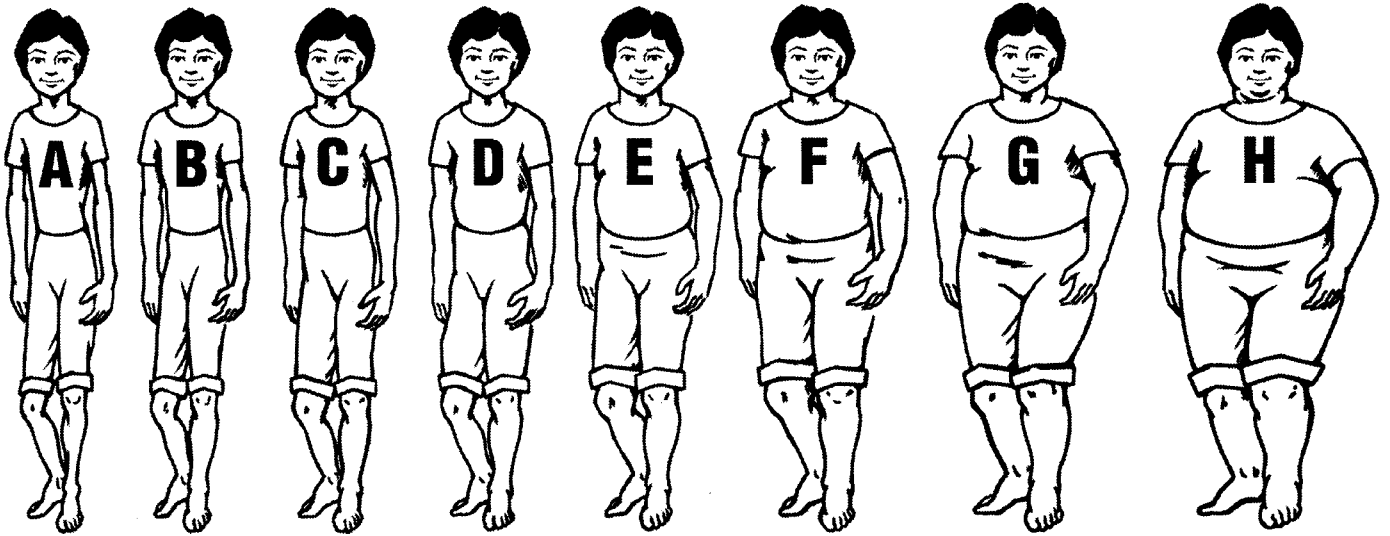
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8 Which student or students show the sizes that you think are most healthy?

A B C D E F G H

---

Boys



---

8 Which student or students show the sizes that you think are most healthy?

A B C D E F G H

---

## What Activities Have You Done?

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1 In the last year, did you take short exercise breaks in your classroom every week?

<sup>1</sup>  
Yes

<sup>2</sup>  
No

---

2 In the last year, did your class talk about setting goals for getting enough exercise?

<sup>1</sup>  
Yes

<sup>2</sup>  
No

---

3 In the last year, did your class take materials home to teach your family about getting more exercise?

<sup>1</sup>  
Yes

<sup>2</sup>  
No

---

4 In the last year, did you and your family go to events held at the school to learn about how to get more exercise as a family?

<sup>1</sup>  
Yes

<sup>2</sup>  
No

---

5 In the last year, did you play games and do other things that make you sweat and breathe hard during recess every week?

<sup>1</sup>  
Yes

<sup>2</sup>  
No

---

---

6 In the last year, did you play American Indian games during PE class at school each month?

<sup>1</sup>  
Yes

<sup>2</sup>  
No

---

7 In the last year, did you prepare and eat low fat snacks in your classroom?

<sup>1</sup>  
Yes

<sup>2</sup>  
No

---

8 In the last year, did your class talk about setting goals for healthy eating?

<sup>1</sup>  
Yes

<sup>2</sup>  
No

---

9 In the last year, did your class take home materials to teach your family about healthy eating?

<sup>1</sup>  
Yes

<sup>2</sup>  
No

---

10 In the last year, did you and your family go to events held at the school to learn about healthy eating as a family?

<sup>1</sup>  
Yes

<sup>2</sup>  
No

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11 In your school cafeteria, are you offered butter or margarine on the serving line?

<sup>1</sup>  
Yes

<sup>2</sup>  
No

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12 In your school cafeteria, are you offered 1% milk to drink?

<sup>1</sup>  
Yes

<sup>2</sup>  
No

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