

Family Health and Wellness Survey Focusing on Nutrition

The **Family Health and Wellness Survey** focuses on assessing nutritional habits to promote healthier lifestyles. By gathering detailed information on diet and food choices, the survey aims to identify areas for improvement and provide tailored recommendations. This comprehensive approach supports families in achieving optimal nutrition and overall well-being.

Sample Survey Questions

1. How many people are in your household?

2. How many meals does your family eat together per day?

3. How often does your family consume the following?

Food Group	Never	Rarely	Sometimes	Often	Always
Vegetables	<input type="radio"/>				
Fruits	<input type="radio"/>				
Whole Grains	<input type="radio"/>				
Sugary Snacks/Drinks	<input type="radio"/>				

4. How often do you or someone in your family cook meals at home?

Everyday

5. What are your top nutrition-related goals for your family?

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