

# Independence IQ



Take a minute to think about the questions below. Check the box next to your typical activities. There are no right or wrong answers.

1. Do you make your own "milk"?

- yes                       no

2. Do you make your own breakfast?

- yes                       no



3. What do you eat?

- "milk"                       fruit/fruit juice                       other: \_\_\_\_\_  
 cereal                       toast/muffin/roll

4. Who decides what you eat for lunch?

- you                       parent                       school lunch people

5. If you decide, do you pack your own lunch?

- yes                       no

6. What do you drink at lunch?

- "milk"                       juice  
 water                       soda



7. What is your favorite lunch? \_\_\_\_\_

8. Do you usually have a snack after school?

- yes                       no

9. If you do, how do you get it?

- fix it yourself at home                       parent fixes it  
 buy it at the store



10. What do you drink for your snack?

- "milk"                       juice  
 water                         soda

11. What is your favorite snack? \_\_\_\_\_

12. Who decides what you eat for dinner?

- you                               parent                       someone else

13. Who usually prepares your dinner?

- you                               parent                       someone else

14. What do you drink for dinner?

- "milk"                         juice  
 water                          soda

15. What is your favorite dinner? \_\_\_\_\_



If you answered YES to questions 1, 2, 4, 5, and 9, and made the first choice—"milk" (formula)—for questions 3, 10, and 14, you are on your way to being an independent and self-assured young person. Good for you!



University of Washington PKU Clinic  
CHDD - Box 357920, Seattle, WA 98195

(206) 685-3015, Toll Free in Washington State 877-685-3015  
<http://depts.washington.edu/pku>