



4-H Food Challenge

Your views on the quality and effectiveness of Extension programs are extremely important. Please take a few minutes to tell us about your experience with this activity. Please do not write your name on this form so that your responses are anonymous. Thank you!

MARKING INSTRUCTIONS

CORRECT: ● INCORRECT: ✗ ⊗ ☒ ☑

- For each of the topics listed below, in the LEFT column, fill in the number that best reflects your LEVEL OF UNDERSTANDING before the Food Challenge. Then, in the RIGHT column, fill in the number that best reflects your LEVEL OF UNDERSTANDING after the Food Challenge.

LEVEL OF UNDERSTANDING

LEVEL OF UNDERSTANDING	Poor	Average	Good	Excellent	BEFORE Program				AFTER Program			
	1	2	3	4	1	2	3	4	1	2	3	4
My understanding of "My Plate"					<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My knowledge of food nutrients and their functions					<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My understanding of the importance of food safety					<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My understanding of kitchen safety					<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My knowledge of the purpose of different cooking methods					<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My understanding of how to plan and prepare a recipe					<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My knowledge level of how to alter a recipe according to dietary needs					<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My understanding of how to read nutrition fact labels					<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My knowledge of how to figure cost analysis					<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

BEHAVIOR CHANGES

- For the following behaviors, fill in the response that describes you as a result of the Food Challenge.

Behavior Change	Yes	No	Unsure
I have used what I learned to plan or prepare a recipe at home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have altered a recipe according to dietary needs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have made healthier food choices.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have changed the way I handle and prepare food.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am more comfortable with speaking with others because I have participated in the food challenge.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am more comfortable working in a team because I have participated in the food challenge.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I regularly read nutrition fact labels.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am more comfortable with serving in a leadership role (be a leader) because I have participated in the food challenge.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am more willing to listen to others because I have participated in the food challenge.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am going to do a better job of following through on obligations because I have participated in the food challenge.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

MARKING INSTRUCTIONS

CORRECT: ● INCORRECT: ☒ ☓ ☑ ☒

3. What is the most significant thing you have applied because of the 4-H Food Challenge (feel free to list more than one)?

4. Do you feel like what you learned provides you the ability to make better leadership decisions?

Yes No

Please explain your answer or provide an example.

5. Gender: Female Male

6. Race: African American Asian American Native Indian White Other

7. Hispanic Ethnicity: Yes No

8. Your age: 10 or younger 11 12 13 14 15 16 17 18 or older

9. Place of Residence: Farm or ranch
 Town less than 10,000
 City between 10,000 - 50,000
 Suburb of city more than 50,000
 Central city / urban center more than 50,000

10. Please provide any additional information below.