MARKING INSTRUCTIONS

CORRECT: ● INCORRECT: ⊘ ⊗ ⊖ ◍

Foods and Nutrition Program

For each of the topics listed below, in the LEFT column, mark the ONE number that best reflects your LEVEL OF UNDERSTANDING before participating in the Foods and Nutrition Program. Then, in the RIGHT column, mark the ONE number that best reflects your LEVEL OF UNDERSTANDING after participating in the Foods and Nutrition Program.

LEVEL OF UNDERSTANDING

Poor	Average	Good	Excellent
1	2	3	4

Level of Understanding	BEFORE the Program				AFTER the Program			
	1	2	3	4	1	2	3	4
I understand the nutrients found in carbohydrates.	O	O	O	O	O	O	O	O
I understand the nutrients found in fats.	O	O	O	O	O	O	O	O
I understand the nutrients found in proteins.	O	O	O	O	O	O	O	O
I understand the nutrients found in vitamins.	O	O	O	O	O	O	O	O
I understand the nutrients found in minerals.	O	O	O	O	O	O	O	O
I understand the nutrients found in water.	O	O	O	O	O	O	O	O
I understand that I can get calcium from drinking milk.	O	O	O	O	O	O	O	O

BEHAVIOR CHANGES

For the following behaviors, mark the circle that describes you as a result of participating in the Foods and Nutrition Program.

Behavior Change	Yes	No	Unsure
I will eat 3-6 ounces of grains each day.	O	O	O
I will eat less chips, candy, and/or cookies as after-school snacks.	O	O	O
I will not eat junk food as a meal.	O	O	O
I will not drink alcohol.	O	O	O
I will not take drugs.	O	O	O
I will not use tobacco.	O	O	O
I plan to play outside more instead of playing video games or watching TV.	O	O	O
I will eat more fruits.	O	O	O
I will drink more milk products.	O	O	O

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What is the most important lesson you have learned from the Foods and Nutrition Program? Feel free to list more than one.

Please tell us about yourself.

You are . . .　　○ Female　　○ Male

Your age is . . .　○ 10 or younger　○ 11　　○ 12　　○ 13　　　○ 14
　　　　　　　　　　○ 15　　　　　　○ 16　　○ 17　　○ 18 or older

Are you Hispanic?　　　　　○ Yes　○ No

Your race is . . .
　　○ African American　　　　○ White
　　○ Asian American　　　　　○ Other
　　○ Native American

Most of the time, you live . . .
　　○ Farm or ranch　　　　　　○ Suburb of city between 50,000
　　○ Town under 10,000　　　　○ Central city/urban center with more than 50,000
　　○ Town/city 10,000 - 50,000

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Thank you!