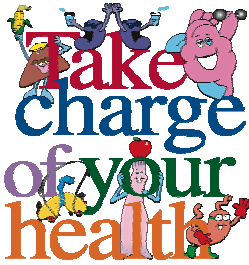


Educator \_\_\_\_\_ County \_\_\_\_\_ Date \_\_\_\_\_



Pre

Series Program

Post

Survey

**Instructions for Participants**

*Please help us make our programs and materials better by answering the following questions. Circle the best answer for each.*

QUESTION	NEVER	SOME OF THE TIME	MOST OF THE TIME	ALWAYS
I plan my menus and choose foods based on MyPyramid and the Dietary Guidelines for Americans.	1	2	3	4
I adjust my recipes and/or menus to reduce the calories, fat, or sodium in the foods I eat.	1	2	3	4
I have made a personal plan to increase the amount of physical activity I get each day.	1	2	3	4
I have made a goal of increasing the number of fruits and vegetables I eat each day.	1	2	3	4
I have made a personal goal to reduce the amount of fat I eat each day.	1	2	3	4
I have made a goal of increasing the amount of calcium I get in the foods I eat every day.	1	2	3	4