

On the Road to Healthy Living Mobile Cooking School

Post-Survey

Cooking school site _____

For each statement, please indicate the level to which you agree with the statement.

I eat fruits and vegetables every day.

1 - Strongly Agree	2 - Agree	3 - Neutral	4 - Disagree	5 - Strongly Disagree

Preparing fresh or frozen vegetables is something I think I can do well.

1 - Strongly Agree	2 - Agree	3 - Neutral	4 - Disagree	5 - Strongly Disagree

I do not like to cook because it takes too much time.

1 - Strongly Agree	2 - Agree	3 - Neutral	4 - Disagree	5 - Strongly Disagree

I am confident in my ability to prepare a meal from basic ingredients.

1 - Strongly Agree	2 - Agree	3 - Neutral	4 - Disagree	5 - Strongly Disagree

I think cooking is too much work.

1 - Strongly Agree	2 - Agree	3 - Neutral	4 - Disagree	5 - Strongly Disagree

I understand how eating food relates to my health.

1 - Strongly Agree	2 - Agree	3 - Neutral	4 - Disagree	5 - Strongly Disagree

I am confident in preparing and eating meals that follow USDA's MyPlate guidelines.

1 - Strongly Agree	2 - Agree	3 - Neutral	4 - Disagree	5 - Strongly Disagree

I understand what proper food temperature ranges keep food safe to eat.

1 - Strongly Agree	2 - Agree	3 - Neutral	4 - Disagree	5 - Strongly Disagree

I'd rather eat food prepared at home than at a fast food place or restaurant.

1 - Strongly Agree	2 - Agree	3 - Neutral	4 - Disagree	5 - Strongly Disagree

Preparing food at home is easy to do.

1 - Strongly Agree	2 - Agree	3 - Neutral	4 - Disagree	5 - Strongly Disagree

Please continue on the other side.

Please tell us something you have learned or have particularly enjoyed about the classes:

Has anything changed for you as a result of participating in these classes?

What suggestions do you have for future classes?

Other comments you would like to make about the classes:

Thank you!