

On the Road to Healthy Living Mobile Cooking School

Pre-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.

Currently, about how many meals (breakfast, lunch, or dinner) do you or your family eat away from home (restaurants, fast food, etc... not including meals eaten at school) each week?

Please use this section to mention anything specific you would like to learn from the classes or other comments you would like to make before we begin.

Thank you!