



4-H Foods and Nutrition Classroom Survey

Please tell us how much you knew about these things before the 4-H program and how much you know about them now.

For example: If you knew nothing about choosing healthy foods before the 4-H program, but now you know a little bit, answer like this:

| | Before the 4-H program, I knew... | | | | Now, I know... | | | |
|-------------------------------|-------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-------------------------------------|--------------------------|
| | Nothing | Not Very Much | A little bit | A lot | Nothing | Not Very Much | A little bit | A lot |
| 1. How to choose healthy food | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |

Questions 1-5: How much did you know about these things before and after the 4-H program?

| | Before the 4-H program, I knew... | | | | Now, I know... | | | |
|--|-----------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| | Nothing | Not Very Much | A little bit | A lot | Nothing | Not Very Much | A little bit | A lot |
| 1. How to choose healthy food | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. The different parts of the Food Pyramid | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. How to identify proper portion sizes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. How to measure correctly | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. How to test my heart rate | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. How to set fitness goals | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. How to use a First Aid kit | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. About careers in foods and nutrition | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Please tell us about yourself:

7. Are you a member of 4-H? _____
 9. How old are you? _____

8. What is your ethnicity? _____
 10. Are you a girl or boy? Girl Boy

What did you like about the 4-H Foods and Nutrition program at your school?

Is there anything you wish was different about the 4-H Foods and Nutrition program?