

1. I will be able to feed my family healthier foods because of this class.

Strongly agree Agree Disagree Strongly disagree

2. I feel better prepared to exercise by myself or with my family because of this class.

Strongly agree Agree Disagree Strongly disagree

3. I would recommend this program to another family: Yes No

4. One way I learned for my family to eat more fruits and vegetables is:

5. One strategy I learned for how to control portions is:

6. My favorite part of the session was:

7. What was your opinion of the food prepared today?

Recipe	I didn't like it				I loved it
_____	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
_____	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
_____	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
_____	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

Comments :

Thank you!