

# UNIVERSITY OF CALIFORNIA



cal fresh Nutrition Education

Dear Student,

Hello! We are the University of California CalFresh Program (UC CalFresh). Our program teaches young people about healthy eating and physical activity habits. Our goal is to help students stay healthy. Our program is funded by USDA. The program is free to your school or community.

To find out how well our lessons work, we ask that you complete this survey. However, completing the survey is totally voluntary. *Voluntary* means you can agree or not agree to complete it. It is up to you. You may also skip questions you do not want to answer. But, we hope that you will answer all of them. Any information about who you are will be kept secret. We will not share your name or id number.

If you have any questions about the survey, just ask us!

Name of your local UC CalFresh educator: \_\_\_\_\_

Phone number: \_\_\_\_\_

You may also contact our UC CalFresh State Director:

Kamaljeet Khaira, University of California at Davis, One Shields Ave, Davis CA 95616  
(530) 752-0555

If you have any concerns or complaints about our UC CalFresh Nutrition evaluation, you may also contact the Institutional Review Board, University of California at Davis at (916) 703-9151, from 8:00 a.m. to 5:00 p.m., Monday through Friday, or by writing to the Institutional Review Board, CTSC Bldg., Suite 1400, Rm. 1429, 2921 Stockton Blvd., Sacramento, California 95817.

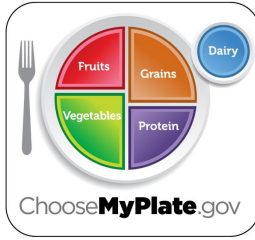
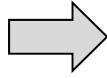
# PRETEST

Age:	Circle: Boy Girl	Site:
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First letter of your FIRST name	First letter of your LAST name	Birth MONTH	Birth DAY
A-Z	A-Z	01-12	01-31
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

1. Have you seen this picture before?

- Yes       No



**Chef ID:**

A-Z	A-Z	01-12	01-31
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

2. Which food groups are in a meal of cheese pizza and orange juice? (mark all that apply)

- Grains       Vegetable       Fruit       Dairy       Protein

3. Which of the following are whole grains? (mark all that apply)

- 100% Whole wheat bread       White rice       Oatmeal       Brown rice       White bread

4. When looking at this list of foods, what do you think you could cook with it?

FOODS: whole wheat bread, milk, eggs, cinnamon, strawberries

- Stir-Fry       French Toast       Smoothie       Soup       Burrito

5. How often do you:

try new foods?

Always      Often      Sometimes      Once in a while      Never

- 

cook at home?

- 

drink milk with dinner?

- 

eat more than one kind of fruit or vegetable at dinner?

- 

drink sweetened beverages (like soda, sports drinks, or Kool-Aid)?

- 

help prepare meals at home?

- 

wash your hands before preparing food?

- 

6. Do you:

know how to prepare a snack for yourself?

Extremely      Somewhat      Barely      Not at all

- 

consider yourself a good cook?

- 

know how to chop vegetables with a knife?

- 

know how to grate cheese?

-

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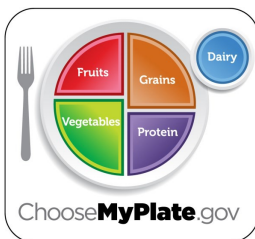
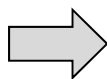
# POSTTEST

<b>Age:</b>	<b>Circle:</b> Boy Girl	<b>Site:</b>
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First letter of your <b>FIRST</b> name	First letter of your <b>LAST</b> name	Birth <b>MONTH</b>	Birth <b>DAY</b>
<b>A-Z</b>	<b>A-Z</b>	<b>01-12</b>	<b>01-31</b>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

1. Have you seen this picture before?

- Yes       No



**Chef ID:**

<b>A-Z</b>	<b>A-Z</b>	<b>01-12</b>	<b>01-31</b>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

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5. How often do you:

try new foods?

cook at home?

drink milk with dinner?

eat more than one kind of fruit or vegetable at dinner?

drink sweetened beverages (like soda, sports drinks, or Kool-Aid)?

help prepare meals at home?

wash your hands before preparing food?

Always      Often      Sometimes      Once in a while      Never

6. Do you:

know how to prepare a snack for yourself?

consider yourself a good cook?

know how to chop vegetables with a knife?

know how to grate cheese?

Extremely      Somewhat      Barely      Not at all

We want to make the program even better next time. Please answer honestly. Write your answers below.

**What were the three best things about the Cooking Academy (besides eating)?**

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

**What are three things you learned at the Cooking Academy?**

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

**What are three ways the Cooking Academy could be made better?**

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_