

# Program Evaluation (Adult)

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We value your opinions and use them to improve food and healthy eating lessons. Your answers are private and not shared with educators/teachers. Thank you so much!



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Q1 **If foods were offered**, did you enjoy them?

- Most or all of them
- Some
- None of them
- Did not taste any



Q2 **If foods were offered**, were they consistent with your culture?

- Most or all of them
- Some
- None of them
- Did not taste any



Q3 Can you get the **foods you need** to make the recipes?

- Most or all of them
- Some
- None of them
- Did not get any recipes



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Q4 **If the lessons had physical activity**, did you enjoy them?

- Most or all of them
- Some
- None of them
- Did not do any physical activity



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Q5 The food and healthy eating lessons were at the **right level of difficulty**.

- Yes, they were
- No, they were too hard
- No, they were too easy



Q6 **How valuable** were the lessons about food and healthy eating?

- Very
- Somewhat
- Not



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Q7 Did you **learn anything new** about how to be healthy?

- Yes, a lot
- Yes, a little
- No



Q8 Was attending the lessons a **good use of your time**?

- Definitely
- Somewhat
- No



Q9 Mark all items below that you **are doing more often** due to these lessons.

I am:

- Eating fruit more often
- Eating different kinds of fruit more often
- Drinking water more often
- Being active more minutes per week
- Choosing healthy foods within my budget
- Eating vegetables more often
- Eating different kinds of vegetables
- Washing my hands more often
- Reading nutrition fact labels more often
- Buying fruits and vegetables more often
- I am not doing any of these more often



Q10 The mix of cooking, tasting, and information about healthy eating in the lessons was about right.

- Yes
- Need more cooking
- Need more tastings
- Need more information



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Q11 Mark all items below that you **plan to do more often** due to this program. **I plan to:**

- Eat more fruit
- Eat different kinds of fruit
- Eat more vegetables
- Eat different kinds of vegetables
- Drink water more often
- Wash my hands more often
- Choose healthy foods within my budget
- Compare prices when shopping
- Work physical activity into my lifestyle
- Be active more minutes per week
- Buy more fruits and vegetables
- Read nutrition facts labels
- I don't plan to do any of these more often



Q12 How or where did you find out about these lessons? Mark any that apply to you:

- Word of mouth/friend told
- Flyer or poster in the community
- Mail sent to my home
- At the farmers market
- From my child's school
- The 211 phone line
- An email or text message
- A phone call
- Facebook, Instagram, Twitter (X), or YouTube
- From a health care worker
- During other programs I attended
- Other \_\_\_\_\_



Q13 What is your age?

- 18-30 years
- 31-59 years
- 60-75 years
- 76 years or older



Submit

Thanks for taking this  
survey!

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