

# Program Evaluation (Youth)

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We want to know what you think about the food and healthy eating lessons.

Q1 Did you enjoy the lessons about food and healthy eating?

Yes, a lot

Yes, some

No



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Q2 How many food and healthy eating lessons were interesting?

Most or all of them

Some of them

None of them



Q3 Mark topics that you learned in the lessons:

- Healthy drinks
- Fruit
- Vegetables
- MyPlate
- Physical activity
- I didn't learn about any of these



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Q4 How much of the information in the lessons did you already know?

- None of it (was all new)
- Some of it was new to me
- I already knew most of it



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Q5 How would you rate the food and healthy eating lessons?

- Great
- Good
- Okay
- Not good



Q6 How much of the information did you understand?

- Most or all of it
- Some of it
- None of it



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Q7 If lessons had physical activity, how much of it did you enjoy?

- Most or all of it
- Some of it
- None of it
- There was no physical activity



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Q8 If you tasted foods in the lessons, did you enjoy them?

- Yes, a lot
- Yes, some
- No
- I did not try any
- There were no foods to try



Q9 Mark all of these that you **are doing** because of the lessons.

**I am:**

Eating more fruit

Eating different fruits

Eating more vegetables

Eating different vegetables

Drinking more water

Doing more physical activity

I am not doing any of these more often



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Q10 Mark all of these that you **plan to do more often** because of the lessons.

**I plan to:**

Eat more fruit

Eat different fruits

Eat more vegetables

Eat different vegetables

Eat healthier foods

Drink more water

Do more physical activity

I don't plan to do any of these more often



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Q11 Do you remember having lessons about food and healthy eating last year?

Yes

Not sure

No



Q12 What **grade** are you in? If it's summer, what grade did you just finish?

3rd

4th

5th

6th

7th

8th

9th

10th

11th

12th



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Thanks for taking this survey!