

EVALUATION: COOKING WITH AND FOR YOUR KIDS

Thank you for participating in the evaluation of Food Families. Your responses will help us to continually improve the Food Families program. Please note that your survey responses will be confidential.

Date: _____

1. Overall, how satisfied were you with the information and activities this week about cooking with and for your kids? *(Circle one of the options)*

Very satisfied Satisfied Neutral Dissatisfied Very Dissatisfied

2. What was your favourite part of the Cooking With And For Your Kids module? Why?

3. What would you change about the Cooking With And For Your Kids module to make it better?

4. As a result of the information and activities provided this week, I know... *(Check a box for each row)*

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
How to organize my kitchen to prepare for cooking.					
How to appropriately include my children or family members in preparing a meal based on their age.					
A variety of different ways to get my children to try new and healthy foods.					
Some new healthy recipes for my kids to try.					

5. The most important thing I learned today from the Cooking With And For Your Kids module was...
(Complete the sentence in the space below)

6. With the information I learned today, I plan to... *(Complete the sentence in the space below)*

