



**Eat Well.
Move More.
Feel Great!**

EVALUATION

Please take a minute to complete this evaluation. We appreciate your feedback!

Rate on a Scale of 1-5	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Background Presentation					
It was clear and easy to understand.	1	2	3	4	5
It supported the concepts in the lesson.	1	2	3	4	5
“Eat Well, Move More, Feel Great!” Demonstration					
I learned at least two reasons to eat 3 meals a day and at regular intervals.	1	2	3	4	5
I can list two health benefits of adding a protein food to meals and snacks.	1	2	3	4	5
I can plan a meal that incorporates vegetables or fruit.	1	2	3	4	5
I can list two health problems that may result from consuming too many sweetened beverages.	1	2	3	4	5
I can list at least four benefits of exercise.	1	2	3	4	5
This is a lesson I feel prepared to present.	1	2	3	4	5
Let’s Move: Physical Activity					
It fit well into the lesson/demonstration.	1	2	3	4	5
I can replicate this activity with my community.	1	2	3	4	5
Trail Mix Activity and Debrief					
I enjoyed making my own trail mix.	1	2	3	4	5
The debrief provided useful information that applied to the concepts in the lesson/demonstration.	1	2	3	4	5
Sharing of Physical Activity Resources					
The information presented was useful.	1	2	3	4	5
I plan to order some of the resources to use with my community.	1	2	3	4	5
Spreading the Word					
I learned good ideas on ways I can implement “Eat Well, Move More, Feel great!” with my community.	1	2	3	4	5

(See Back)



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This material was produced by the California Department of Public Health’s *Network for a Healthy California* with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.

How do you typically get to workshops, such as this? (Please circle)

Drive Carpool BART Other: _____

What is the primary language of the participants you reach? (Please circle)

English Spanish Vietnamese Chinese Farsi Other: _____

What THREE future workshop topics would be of most interest to you?

- | | |
|---|---|
| <input type="checkbox"/> Changing Eating Behavior | <input type="checkbox"/> Packaged Foods – the Good, Bad, & Ugly |
| <input type="checkbox"/> Cooking Tips & Tricks | <input type="checkbox"/> Ways to Help Children & Adults Get More Physically Active |
| <input type="checkbox"/> Food Safety | <input type="checkbox"/> Nutrition for Children |
| <input type="checkbox"/> Healthy Eating on a Budget | <input type="checkbox"/> Eat for Your Health (Basic nutrition education to prevent illness) |
| <input type="checkbox"/> Healthy Ethnic Eating | <input type="checkbox"/> Other: _____ |

Additional comments welcome:



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