Your views on the quality and effectiveness of Extension programs are extremely important. Please take a few minutes to tell us about your experience with this activity. Please do not write your name on this form so that your responses are anonymous. Thank you!

4-H Food Challenge

MARKING INSTRUCTIONS
CORRECT: ![ ] INCORRECT: ![ ] ![ ] ![ ]

1. For each of the topics listed below, in the LEFT column, fill in the number that best reflects your LEVEL OF UNDERSTANDING before the Food Challenge. Then, in the RIGHT column, fill in the number that best reflects your LEVEL OF UNDERSTANDING after the Food Challenge.

**LEVEL OF UNDERSTANDING**

<table>
<thead>
<tr>
<th>Poor</th>
<th>Average</th>
<th>Good</th>
<th>Excellent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

**BEFORE Program**

**AFTER Program**

- My understanding of "MyPyramid"
- My knowledge of food nutrients and their functions
- My understanding of the importance of food safety
- My understanding of kitchen safety
- My knowledge of the purpose of different cooking methods
- My understanding of how to plan and prepare a recipe
- My knowledge level of how to alter a recipe according to dietary needs

**BEHAVIOR CHANGES**

2. For the following behaviors, fill in the response that describes you as a result of the Food Challenge.

<table>
<thead>
<tr>
<th>Behavior Change</th>
<th>Yes</th>
<th>No</th>
<th>Unsure</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have planned or prepared a recipe at home based on what I have learned.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I have altered a recipe according to dietary needs based on what I have learned.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I have made healthier food choices based on what I have learned</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I have changed the way I handle and prepare food based on what I have learned.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am more comfortable with speaking with others because I have participated in the food challenge.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am more comfortable working in a team because I have participated in the food challenge.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I will be more comfortable with serving in a leadership role (be a leader) because I have participated in the food challenge,</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am more willing to listen to others because I have participated in the food challenge.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am going to do a better job of following through on obligations because I have participated in the food challenge.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
3. What is the most significant thing you have applied because of the 4-H Food Challenge (feel free to list more than one)?

4. Do you feel like what you learned provides you the ability to make better leadership decisions?
   - Yes
   - No

   Please explain your answer or provide an example

5. Gender:  
   - Female
   - Male

6. Race:  
   - African American
   - Asian American
   - Native Indian
   - White
   - Other

7. Hispanic Ethnicity:  
   - Yes
   - No

8. Your age:  
   - 10 or younger
   - 11
   - 12
   - 13
   - 14
   - 15
   - 16
   - 17
   - 18 or older

9. Place of Residence:  
   - Farm or ranch
   - Town less than 10,000
   - City between 10,000 - 50,000
   - Suburb of city more than 50,000
   - Central city / urban center more than 50,000

10. Please provide any additional information below.

Thank you very much for your time!