

4-H FOOD 7 < 9: 'CHALLENGE EVALUATION

LEVEL OF UNDERSTANDING

For each of the topics listed below, in the LEFT column, circle the ONE number that best reflects your LEVEL OF UNDERSTANDING before participating in the 4-H Food Challenge. Then, in the RIGHT column, circle the ONE number that best reflects your LEVEL OF UNDERSTANDING after participating in the 4-H Food Challenge.

	Poor 1	Average 2	Good 3	Excellent 4		Poor 1	Average 2	Good 3	Excellent 4
Level of Understanding	<u>BEFORE</u> the Program					<u>AFTER</u> the Program			
My understanding of "MyPlate"	1	2	3	4		1	2	3	4
My knowledge of food nutrients and their functions	1	2	3	4		1	2	3	4
My understanding of the importance of food safety	1	2	3	4		1	2	3	4
My understanding of kitchen safety	1	2	3	4		1	2	3	4
My knowledge of the purpose of different cooking methods	1	2	3	4		1	2	3	4
My understanding of how to plan and prepare a recipe	1	2	3	4		1	2	3	4
My knowledge level of how to alter a recipe according to ingredients available	1	2	3	4		1	2	3	4

BEHAVIOR CHANGES

For the following behaviors, check the box that describes you as a *result* of participating in the 4-H Food Challenge.

Behavior Change	Yes	No	Unsure
I have planned or prepared a recipe at home based on what I have learned.			
I have altered a recipe according to dietary needs based on what I have learned.			
I have made healthier food choices based on what I have learned.			
I have changed the way I handle and prepare food based on what I have learned.			
I am more comfortable with speaking with others because I have participated in the food challenge.			
I am more comfortable working in a team because I have participated in the food challenge.			
I will be more comfortable with serving in a leadership role (be a leader) because I have participated in the food challenge.			
I am more willing to listen to others because I have participated in the food challenge.			
I am going to do a better job of following through on obligations because I have participated in the food challenge.			

What is the most significant thing you have applied because of the 4-H Food Chef Challenge (feel free to list more than one)?

Do you feel like what you learned provides you the ability to make better leadership decisions?
(Circle the best answer) YES NO

- Please explain your answer or provide an example.

Demographic Information

Gender: ___ Female ___ Male Hispanic Ethnicity: ___ Yes ___ No

Race: ___ African American ___ Asian American ___ Native American ___ White ___ Other

Age: ___ 10 or younger ___ 11 ___ 12 ___ 13 ___ 14 ___ 15 ___ 16 ___ 17 ___ 18 or older

Place of Residence: ___ Farm ___ Town Under 10,000 ___ Town/City 10,000-50,000
___ Suburb of city more than 50,000 ___ Central City/Urban more than 50,000

Please provide any additional information on the back.