

# EVALUATION: HEALTHY EATING

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 healthy eating?  
(Circle one of the options)

Very satisfied      Satisfied      Neutral      Dissatisfied      Very Dissatisfied

2. What was your favourite part of the Healthy Eating module? Why?

3. What would you change about the Healthy Eating 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
The seven principles for healthy eating.					
How to use the Canada Food Guide for meal planning.					
What nutrients are.					
What nutrients are needed to stay healthy.					
How to read a nutrition label on packaged food.					
Strategies for how to eat a healthy diet.					
How to use the plate method for managing and planning meals.					

5. The most important thing I learned today from the Healthy Eating 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)

