

## Pre and Post-class Surveys

### Importance of the Learning Experience

**1. Please indicate your level of agreement with the following statements.**

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
A. I want to learn about how to prepare and cook new foods and cuisines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B. It is important to eat food made with healthy ingredients	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C. It is important to eat food that has been grown sustainably	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D. It is important to eat foods that are in season	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E. I want to know more about how foods can improve my wellbeing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
F. It is important to eat home-cooked food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
G. I want to know more about how my food choices can affect the environment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Ease and Pleasure of Cooking

**2. Please indicate your level of agreement with the following statements.**

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
A. I can fit cooking into my schedule	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B. I enjoy cooking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C. I find it simple to cook food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D. I can easily find the foods that meet my needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E. I enjoy eating the food I make	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Food Skills

### 3. Please tell us how you would rate your food skills today.

Use the slider to tell us how you would rate your food skills today



Plan meals ahead of time



Prepare a meal for a special occasion



Prepare meals that include vegetables, grains/starches, legumes/pulses or other protein-rich foods



Cooking techniques (sauteing, oven-roasting, steaming ...)



Knife skills (chopping, slicing, dicing ...)



Adapt recipes to make them healthier



Try a new recipe



Prepare the right amount of food



Include a variety of vegetables and fruit with meals



**Note: 0 was not selectable - only the integers 1-5 were selectable.**

## Confidence in the Kitchen

### 4. HOW CONFIDENT do you feel about performing each of the following activities?

	Not confident at all	Slightly confident	Somewhat confident	Fairly confident	Completely confident
A. Eating the Recommended amount of vegetables and fruit each day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B. Planning a balanced meal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
C. Preparing a tasty meal using mainly fresh and whole food ingredients	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>