

Healthy Meal Planning!

Presentation (Post)

Program Location: _____

Program Date: _____

Instructor: _____

After Participating in this educational program, we would greatly appreciate your responses to the following questions. Your answers will remain confidential. (Please check your responses.)

Teaching & Presentation Questions	<i>Poor</i>	<i>Fair</i>	<i>Adequate</i>	<i>Very Good</i>	<i>Excellent</i>
Overall Instruction and teaching was	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Overall program content and presentation was	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Knowledge Questions	
What is a nutrient that is missing from the average American diet?	
How much does the average American throw out every year?	
What is meatless Mondays and how is it beneficial?	

Attitude & Beliefs Questions			
How confident do you feel you can meal plan?	Not confident at all	Somewhat confident	Very confident
How valuable do you feel meal planning is?	Not valuable at all	Somewhat valuable	Very valuable
Why is it important to meal plan each week?			

Behavior Change Questions			
Do you feel that you have enough resources to meal plan?	Not enough resources	Somewhat Sufficient Resources	Sufficient resources
How likely are you to meal plan in the next year?	Not likely at all	Somewhat likely	Very likely
How likely are you to participate in Meatless Mondays?	Not likely at all	Somewhat likely	Very likely
How likely are you to follow the recommendations for the dietary guidelines for Americans?	Not likely at all	Somewhat likely	Very likely



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