

Program Evaluation

Handout 5

Please circle your response to the statements related to what you know or plan to do since you participated in this learning session. Then think back to before the session and respond to the statements the way you would have before you participated in the session.

	<i>After</i> <input type="checkbox"/> the session			<i>Before</i> <input type="checkbox"/> the session		
I know where to find MyPyramid information on healthy eating.	Yes	Maybe	No	Yes	Maybe	No
I know how many calories I should have each day.	Yes	Maybe	No	Yes	Maybe	No
I know how much food I should have from each of the MyPyramid food groups.	Yes	Maybe	No	Yes	Maybe	No
I will use the MyPyramid information to build a personal eating plan.	Yes	Maybe	No	Yes	Maybe	No
I will go to the MyPyramid website and get information on healthy eating that is right for me.	Yes	Maybe	No	Yes	Maybe	No