

Berry Health: The Health Benefits of Berries

Location: _____ Date: _____

For each statement below, circle the rating that best describes how you feel both before and after the meeting.

	Before Meeting			After Meeting		
	Didn't Know	Knew the Basics	Knew Well	Don't Know	Know the Basics	Know Well
Berries contain phytochemicals.	1	2	3	1	2	3
Phytochemicals are found only in plant foods.	1	2	3	1	2	3
Colorful fruits and vegetables contain phytochemicals.	1	2	3	1	2	3
Phytochemicals may reduce the risk of heart disease.	1	2	3	1	2	3
Phytochemicals may reduce the risk of cancer.	1	2	3	1	2	3
I need to eat fruits and vegetables every day to get the benefits of phytochemicals.	1	2	3	1	2	3

Comments and suggestions: _____

