

Organic vs. Natural Foods: What's the Difference?

Location: _____

Date: _____

For each statement below, check the box next to it that best indicates the way you feel about the statement.

As a result of this lesson:	Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree
1. I know the difference among organic, natural, whole and health foods.					
2. I know what the labels on organic foods mean.					
3. I know what "minimally processed" foods are.					
4. I know at least one benefit associated with organic and natural foods.					
5. I feel I am able to prepare whole grains.					

Comments and suggestions:

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