



**Feed Your Potential
Participant PRE-Survey**

Please answer the questions below **before** you complete the *Feed your Potential* experience.

1. What is your name? _____

2. What is today's date? __ / __ / ____
MM DD YYYY

3. Please circle the number that best represents your **current knowledge** of the topic below:

	Low		Medium		High	Not applicable
Examples of one serving size of fruit	1	2	3	4	5	6
Examples of one serving size of vegetables	1	2	3	4	5	6
Examples of one serving size of whole grains	1	2	3	4	5	6

4. Please circle the number that best represents your **confidence** that you can do the following:

	Not at all confident		Somewhat confident		Very Confident	Not applicable
Prepare a meal or snack with fruits and/or vegetables	1	2	3	4	5	6
Eat the recommended number of servings of fruits, vegetables, and whole grains each day	1	2	3	4	5	6



**Feed your Potential
Participant POST-Survey**

Please answer the questions below **after** you complete the *Feed your Potential* experience.

1. What is your name? _____

2. Please circle the number that best represents your **current knowledge** of the topic below:

	Low		Medium		High	Not applicable
Examples of one serving size of fruit	1	2	3	4	5	6
Examples of one serving size of vegetables	1	2	3	4	5	6
Examples of one serving size of whole grains	1	2	3	4	5	6

3. Please circle the number that best represents your **confidence** that you can do the following:

	Not at all confident		Somewhat confident		Very Confident	Not applicable
Prepare a meal or snack with fruits and/or vegetables	1	2	3	4	5	6
Eat the recommended number of servings of fruits, vegetables, and whole grains each day	1	2	3	4	5	6

4. Please rate the **quality of your overall experience** with the *Feed your Potential*. Circle your choice below.

Poor	Below Average	Average	Above Average	Excellent	Undecided
1	2	3	4	5	6

5. How likely are you to **recommend** *Feed your Potential* experience to a friend, family member, or co-worker? Circle your choice below.

Extremely unlikely	Unlikely	Neutral	Likely	Extremely likely	Undecided
1	2	3	4	5	6