



Kitchen Discovery with Kids

Participant PRE-Survey

Please answer the questions below **before** you complete the *Kitchen Discovery with Kids* 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
	1	2	3	4	5	6
Different ways to deal with picky eaters	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
	1	2	3	4	5	6
Prepare kid-friendly, nutritious meals and snacks	1	2	3	4	5	6
Involve the children in my household with grocery shopping or preparing meals	1	2	3	4	5	6
Discuss ways to eat healthy with children	1	2	3	4	5	6
Substitute lower sodium options when preparing meals or snacks	1	2	3	4	5	6



Kitchen Discovery with Kids

Participant POST-Survey

Please answer the questions below **after** you complete the *Kitchen Discovery with Kids* 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		
Different ways to deal with picky eaters	1	2	3	4	5	6

3. After participating in the *Kitchen Discovery with Kids* experience, please circle the number below that best represents your **confidence** that you can do the following:

	Not at all confident	Somewhat confident	Very Confident	Not applicable		
Prepare kid-friendly, nutritious meals and snacks	1	2	3	4	5	6
Involve the children in my household with grocery shopping or preparing meals	1	2	3	4	5	6
Discuss ways to eat healthy with children	1	2	3	4	5	6
Substitute lower sodium options when preparing meals or snacks	1	2	3	4	5	6

4. Please rate the **quality of your overall experience** with *Kitchen Discovery with Kids*. 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** the *Kitchen Discovery with Kids* 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