Green Leafy Vegetables

Evaluation

Thank you for coming to the presentation today.
We would like some feedback from you about what you learned today.

Please circle the correct answer(s) to each of the following questions:

1. Which of the following are dark green leafy vegetables? Circle all that apply.
   - a. Green peas
   - b. Kale
   - c. Broccoli
   - d. Spinach
   - e. Mustard greens
   - f. Turnip greens
   - g. Green cabbage
   - h. Iceberg lettuce
   - i. Collard greens
   - j. Green beans
   - k. Leeks
   - l. Swiss chard

2. Which vitamin, abundant in dark green leafy vegetables, may help reduce the risk of cancer?
   - a. Vitamin B6
   - b. Vitamin D
   - c. Riboflavin
   - d. Vitamin B12
   - e. Vitamin A

3. Which forms of greens are virtually identical with regard to nutrition?
   - a. Fresh and canned
   - b. Frozen and canned
   - c. Fresh and frozen
   - d. Frozen plain and frozen with sauce
   - e. Boiled and microwaved

4. Which statement is true regarding the preparation of dark green leafy vegetables?
   - a. Soak greens in a sink filled with lukewarm water
   - b. Swish the greens around in the sink to remove grit
   - c. Dry thoroughly with a salad spinner or paper towels
   - d. Remove tough stems
   - e. All of the above

Please tell us how you feel now compared to immediately before this presentation.

___ I knew all the material in this presentation before I came
___ I knew some of the material in this presentation before I came
___ I did not know much at all about the material in this presentation before I came.

Please indicate your degree of agreement with the statements below, using the scale to the right. Now = after the presentation Before = before seeing this presentation	Strongly disagree	Disagree	Not Sure	Agree	Strongly Agree
¥ Now, I can identify two leafy greens in the grocery store.	1	2	3	4	5
¥ Before, I could identify two leafy greens in the grocery store.	1	2	3	4	5
¥ Now, I can store leafy greens correctly at home.	1	2	3	4	5
¥ Before, I could store leafy greens correctly at home.	1	2	3	4	5
¥ Now, I find the taste of the leafy greens demonstrated acceptable.	1	2	3	4	5
¥ Before, I found the taste of the leafy greens demonstrated acceptable.	1	2	3	4	5
¥ Now, I feel I can prepare leafy greens in ways that are acceptable to our household members.	1	2	3	4	5
¥ Before, I felt I could prepare leafy greens in ways that were acceptable to our household members.	1	2	3	4	5
¥ Now, I intend to use leafy greens in meals for my family.	1	2	3	4	5
¥ Now, I intend to eat leafy greens myself.	1	2	3	4	5

Please tell us which recipes you plan to try. Check all you plan to use.

Spinach Ham Dip ____
Creamy Greens ____
Spinach Soup ____

Please tell us a little about yourself. Check one item for each question below.

What is your sex?

____ Female
____ Male

What is your race?

____ African American
____ Hispanic
____ American Indian
____ Asian
____ White or Caucasian
____ Other

To which age group do you belong?

____ 12 Ð 20 years
____ 21 Ð 30 years
____ 31 Ð 40 years
____ 41 Ð 50 years
____ 51 Ð 60 years
____ 61 Ð 70 years
____ 71 years or more

What is your occupation? _____

What is your educational background?

____ Some high school
____ High school or GED
____ Trade or business school training or graduate
____ Some college
____ BachelorÕs degree
____ Graduate work or degree

Please provide other comments about this presentation if you wish.
Use the space on the back page. Thank you!

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