



Food Science/Healthy Living Survey Guide Sheet

This guide sheet is intended to help you with distributing the surveys associated with the Food Science/Healthy Living lesson plans. The survey you will be using is a customized survey from Common Measures 2.0. Since the learning outcomes of each lesson correlate to the indicators in Common Measures 2.0, we found this to be the best measure to use when evaluating these lessons. You can also use the data from these surveys when creating your Impact Statement.

When to distribute the data?

We recommend a pre- and post- test be given before the start of the 6-lesson curriculum. The advantages of utilizing pre- and post- testing:

1. Help track progress over time
2. Determine which skills and knowledge have changed
3. Identify areas for improvement
4. Demonstrate that the program/workshop met the intended outcomes

Please ensure your CITI certification is current. To complete your CITI training or to check your CITI certification expiration date, visit <http://purdue.ag/CITI>

Pre-testing/Post-testing

- Allow 10-15 minutes for participants to complete the survey
- Surveys can be distributed during the first lesson (pre-test) and the last lesson (post-test)
 - o We ask that you wait no longer than 1 week to distribute the post-test
 - o If you meet regularly with the participants of these workshops, you could distribute the survey during normal club meetings prior to starting these workshops.

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran.

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How to distribute the survey?

We have provided two options for survey distribution.

1. Paper and Pencil

At the end of this document, you will find the complete survey for you to print. For the participant's reference, it can be helpful to create a cover sheet for your survey that lists:

1. Name of the Workshop/Event/Program
2. Name of the educator providing/sponsoring the workshop/event/program

After you have collected the completed surveys, you will need to electronically submit the participant's responses.

Visit <http://purdue.ag/FSHLSurvey> to submit the survey responses.

Please retain the paper copies of the survey in a secure location. You may also choose to scan the paper copies to an electronic file. Also record the date & time the responses were submitted. This information will be necessary when it is time to generate the data report for your surveys.

2. Electronic submission

If you and/or your participants have internet access, you can share this URL for electronic submission <http://purdue.ag/FSHLSurvey>

The electronic version of the survey can be accessed using a computer, tablet, or cell phone.

Also record the date & time the responses were submitted. This information will be necessary when it is time to generate the data report for your surveys.

In the case that a survey was submitted twice or incorrectly, please notify our Common Measures administrator Arin Weidner (kozlowsa@purdue.edu). This information will need to be recorded and data adjustments can be made

We thank you for your participation and we appreciate your submissions of this survey.

If you have any question please contact Angie Frost at alfrost@purdue.edu

Survey Directions to Read Aloud

Today we are going to take a survey about your experience with Food Science and Healthy Living.

You are being asked to take this survey because this workshop is a part of Indiana 4-H and we would like to learn about your experiences in Food Science and Healthy Living.

Your answers are important and they will be kept private. But, if you don't want to fill out the survey, you don't have to. If there is a question you don't want to answer, you can leave it blank.

There are no right or wrong answers so please answer all questions honestly.

Remember, this workshop is a part of Indiana 4-H, so when a questions asks about 4-H, think about this workshop.

If you have any questions about the survey, please ask me. I am here to help!

CM 2.0 Customized - Food Science Survey - Grades 4-12

Dear Participant: You have been given this survey because you have participated in a 4-H program or project and 4-H would like to learn about you and your experiences in 4-H. Your answers are important and they will be kept private. But, if you don't want to fill out the survey, you don't have to or if there is a question you don't want to answer, you can leave it blank. There are no right or wrong answers, so please answer all questions honestly. Thank you for your participation.

4-H Participation

How many years have you been participating in 4-H?

- This is my first year
 - This is my second year
 - Three or more years
 - I am not a member of 4-H
-

Which county is your primary county for 4-H participation?

Program Information

What is the name of this program?

What is the name of your teacher or instructor?

Where did the program take place?

- Camp
- Club
- Afterschool
- School Enrichment
- Special Interest Program
- I don't know

Which county did this program take place in?

Science Thinking

Do you ask questions about how things work?

- Yes
- Usually
- Not really
- No

Do you try new things to see how they will work?

- Yes
- Usually
- Not really
- No

Do you look at how things are the same or different?

- Yes
- Usually
- Not really
- No

Do you compare how different things work?

- Yes
- Usually
- Not really
- No

Do you take things apart to see how they work?

- Yes
- Usually
- Not really
- No

Healthy Eating Habits

Do you pay attention to how much fruit you eat each day?

- Yes
- Usually
- Not really
- No

Do you pay attention to how many vegetables you eat each day?

- Yes
- Usually
- Not really
- No

Do you pay attention to how much water you drink each day?

- Yes
- Usually
- Not really
- No

Do you pay attention to how many sugary drinks you drink each day?

- Yes
- Usually
- Not really
- No

Do you pay attention to the food label for the food you eat?

- Yes
- Usually
- Not really
- No

How often do you eat breakfast?

- Every day
- Most days
- Some days
- Never

How often do you eat a meal with your family?

- Every day
- Most days
- Some days
- Never

How often do you eat fast food?

- Every day
- Most days
- Some days
- Never

Have you given your family ideas for healthy meals or snacks?

- Yes
- Sort of
- No

At 4-H, did you learn about healthy food choices?

- Yes
 - Sort of
 - No
-

Food Preparation Skills

Do you know how to follow a recipe to make something to eat?

- Yes
- Sort of
- No

Do you know how to make changes to a recipe?

- Yes
- Sort of
- No

Do you know how to use measuring cups and spoons?

- Yes
- Sort of
- No

Do you know how to use knives safely?

- Yes
- Sort of
- No

Do you know how to handle hot pots and pans safely?

- Yes
- Sort of
- No

About You

How old are you?

Years old: _____

What grade are you in?

If it is summer break, which grade will you be starting in the fall?

Grade: _____

Which of the following best describes your gender?

Male (boy)

Female (girl)

Prefer not to say

Which of the following best describes your race?

Asian

Black or African-American

Hispanic or Latino

Native American

Native Hawaiian/Other Pacific Islander

White or Caucasian

More than one race

I don't know