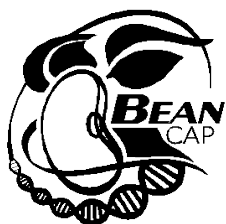


Now Serving: Beans! Participant Post-survey

County: _____
State: _____
Date: _____

Please circle the letter(s) or number that corresponds to your answer.

1. Did you learn something new today?
a. Yes b. No
2. As a result of this lesson, I plan to:
(Circle all that apply)
 - a. Consume the recommended amount of legumes, such as beans, each week
 - b. Drain and rinse canned beans
 - c. Add beans to dishes such as salads, soups and casseroles
 - d. Substitute beans for all or part of the fat in baked goods
 - e. Use the recipes provided during the class (if applicable)
 - f. Watch recipe demonstration videos available at www.beancap.org
 - g. Other _____
3. Will you share this information with family and friends?
a. Yes b. No
4. Please rate your understanding of the information in the lesson (1 = poor; 5 = very good)
1 2 3 4 5
5. Please rate how easy the handouts were to read and understand (1 = poor; 5 = very good)
1 2 3 4 5
6. How old are you?
 - a. 18 – 25 d. 65 – 75
 - b. 26 – 40 e. 76 – 84
 - c. 41 – 64 f. 85-plus
7. Are you:
 - a. Male
 - b. Female
8. What other food/nutrition topics are of interest to you?
9. Any comments?



NDSU EXTENSION SERVICE

Please send completed surveys to:
Julie Garden-Robinson
North Dakota State University Extension Service
Health, Nutrition and Exercise Sciences – EML 351
NDSU Dept. 7270, P.O. Box 6050
Fargo, ND 58108-6050

Or fax: (701) 231-7453 , ATTN: Julie