

Virginia Cooperative Extension

Knowledge for the Commonwealth

Helper's Survey: Cloverbuds Cook with Pyramid Chef *Lesson 2: Eating and Growing Vegetables in VA (348-781)*

Date:

Club Leader's Name (s):

VCE 4-H Agent/ County:

Total Number of Youth: _____ (specify below)

Boys: ___ White; ___ Black; ___ Hispanic; ___ Asian; ___ Nat. Am.

Girls: ___ White; ___ Black; ___ Hispanic; ___ Asian; ___ Nat. Am.

Youth-to-Adult Ratio:

4-H Lesson used:

Section 1**General Life Skills**

Instructions: The following statements describe children's behavior you may have observed. Place an "X" in the box for your response.

SA= Strongly Agree **A=** Agree **N=** Neutral **D=** Disagree **SD=** Strongly Disagree

| | SA | A | N | D | SD |
|--|-----------|----------|----------|----------|-----------|
| Making Healthy Choices | | | | | |
| <input type="checkbox"/> Understands reasons to eat a nutritious diet every day to stay healthy and fit. | | | | | |
| <input type="checkbox"/> Understands that vegetables have vitamin C to heal cuts. | | | | | |
| <input type="checkbox"/> Understands that vegetables have vitamin A to help with good eyesight. | | | | | |
| <input type="checkbox"/> Can identify the different serving sizes for vegetables. | | | | | |
| <input type="checkbox"/> Can add up the number of servings of vegetables for a day. | | | | | |
| Making Decisions | | | | | |
| <input type="checkbox"/> Can choose healthy snack choices with vegetables. | | | | | |
| <input type="checkbox"/> Can choose at least 3 servings of vegetables each day. | | | | | |
| <input type="checkbox"/> Can use the Food Guide Pyramid to make food choices. | | | | | |
| Self Responsibility | | | | | |
| <input type="checkbox"/> Willing to learn a new cooking skill(s). | | | | | |
| <input type="checkbox"/> Willing to try new vegetable food(s) or snack(s). | | | | | |
| <input type="checkbox"/> Willing to make a snack with vegetables. | | | | | |
| Planning and Organizing | | | | | |
| <input type="checkbox"/> Can measure foods. | | | | | |
| <input type="checkbox"/> Can read a label and find the vitamin C or fiber in foods. | | | | | |
| <input type="checkbox"/> Understands the importance of cleanliness and cleaning up after making a snack. | | | | | |

Comments:

Section 2 Learning about the Vegetable Group

Instructions: The following statements describe content children could learn through the nutrition activities of this project. Answer for the levels you worked with youth. Place an "X" in the box of your response.

SA= Strongly Agree **A=** Agree **N=** Neutral **D=** Disagree **SD=** Strongly Disagree

| Lesson 2: Eating and Growing Vegetables in VA | SA | A | N | D | SD |
|---|-----------|----------|----------|----------|-----------|
| By participating in this project, youth learned... | | | | | |
| To identify the parts of the Food Guide Pyramid. | | | | | |
| To identify the different vegetables, especially vegetables grown in Virginia. | | | | | |
| To identify the name and the number of servings to eat for the vegetable group. | | | | | |
| To identify the different serving sizes for the vegetable group. | | | | | |
| About vitamin A in vegetables and how it helps eyesight. | | | | | |
| About vitamin C in vegetables and how it helps heal cuts. | | | | | |
| To choose a variety of colorful vegetable foods, especially snacks. | | | | | |
| To make a variety of colorful snacks with vegetables. | | | | | |
| To give reasons why an active child needs a healthy, nutritious diet each day. | | | | | |

2.1 How familiar were the youth with the Food Guide Pyramid information?

(circle one)

Not Familiar

Somewhat Familiar

Familiar

Very familiar

2.2 How familiar were the youth with the Vegetable Group? **(circle one)**

Not Familiar

Somewhat Familiar

Familiar

Very familiar

Comments:

Section 3**General Feedback About Project Materials**

Instructions: Place an "X" in the box of your responses.

SA= Strongly Agree **A=** Agree **N=** Neutral **D=** Disagree **SD=** Strongly Disagree

| | SA | A | N | D | SD |
|--|-----------|----------|----------|----------|-----------|
| Overall, I liked the format of the publication. | | | | | |
| Activities were easy to do. | | | | | |
| The artwork or illustrations helped me understand the information. | | | | | |
| I liked the skillaton activities. | | | | | |
| I liked the cooking activities. | | | | | |
| Overall this project was helpful in learning about the importance of vegetables in the diet. | | | | | |
| Overall, I liked <i>"Eating and Growing Vegetables in Virginia."</i> | | | | | |

Please share any cooking or skillaton activities to integrate into the program.

Other Comments:

Please return this completed Assessment Form to your participating VCE 4-H Agent.

Thank You!

Virginia Cooperative Extension

Knowledge for the Commonwealth

Youth Survey:

Cloverbuds Cook with Pyramid Chef

Lesson 2: Eating and Growing Vegetables in VA (348-781)

Section 1

General Life Skills

Instructions: : The following statements describe things you may have learned. Ask your teacher or helper to help you read each question. Think about each question. Place an "X" in the box for your response.

SA= Strongly Agree **A=** Agree **N=** Neutral **D=** Disagree **SD=** Strongly Disagree

| | SA | A | N | D | SD |
|---|----|---|---|---|----|
| Making Healthy Choices | | | | | |
| <input type="checkbox"/> It is important to eat a nutritious diet every day to stay healthy and fit. | | | | | |
| <input type="checkbox"/> Vegetables have vitamin C to heal my cuts. | | | | | |
| <input type="checkbox"/> Vegetables have vitamin A to help me see at night. | | | | | |
| <input type="checkbox"/> I can identify the different serving sizes for vegetables (fresh, cooked, or dried, juice, and raw leafy greens). | | | | | |
| <input type="checkbox"/> I can add up the number of servings of vegetables that I need to eat in one day. | | | | | |
| Making Decisions | | | | | |
| <input type="checkbox"/> I make healthy snack choices with vegetables. | | | | | |
| <input type="checkbox"/> I choose at least 3 servings of vegetables each day. | | | | | |
| <input type="checkbox"/> I use the Food Guide Pyramid to make my food choices. | | | | | |
| Self Responsibility | | | | | |
| <input type="checkbox"/> I learned new cooking skills. | | | | | |
| <input type="checkbox"/> I tried new vegetable foods or snacks. | | | | | |
| <input type="checkbox"/> I made snacks with colorful vegetables. | | | | | |
| Planning and Organizing | | | | | |
| <input type="checkbox"/> I can measure foods or vegetables. | | | | | |
| <input type="checkbox"/> I can read a food label and find the amount of vitamin C or fiber in foods. | | | | | |
| <input type="checkbox"/> I can wash my hands properly with soap and hot water and clean up after making a snack. | | | | | |

Section 2 Learning about the Vegetable Group

Instructions: The following statements describe content you could learn through the nutrition activities of this project. Place an "X" in the box of your response.

SA= Strongly Agree **A**= Agree **N**= Neutral **D**= Disagree **SD**= Strongly Disagree

| Lesson 2: Eating and Growing Vegetables in VA | SA | A | N | D | SD |
|--|-----------|----------|----------|----------|-----------|
| By participating in this project, you learned... | | | | | |
| To identify the parts of the Food Guide Pyramid. | | | | | |
| To identify vegetables, especially vegetables grown in Virginia. | | | | | |
| To identify the name and the number of servings of vegetables to eat in one day. | | | | | |
| To identify the different serving sizes for the vegetable group. | | | | | |
| About vitamin A in vegetables and how it helps me to see at night. | | | | | |
| About vitamin C in vegetables and how it helps heal my cuts. | | | | | |
| To choose a variety of colorful vegetable foods, especially snacks. | | | | | |
| To make a variety of colorful snacks with vegetables. | | | | | |
| To give reasons why an active child needs a healthy, nutritious diet each day. | | | | | |

Comments:

Section 3 General Feedback About Project Materials

