

Virginia Cooperative Extension

Knowledge for the Commonwealth

Helper's Survey: Cloverbuds Cook with Pyramid Chef

Lesson 3: Eating and Growing Fruits in VA (348-782)

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 fruits have vitamin C to heal cuts.					
<input type="checkbox"/> Understands that fruits have vitamin A to help with good eyesight.					
<input type="checkbox"/> Can identify the different serving sizes of fruits.					
<input type="checkbox"/> Can add up the number of servings of fruits for a day.					
Making Decisions					
<input type="checkbox"/> Can choose healthy snack choices with fruits.					
<input type="checkbox"/> Can choose at least 2 servings of fruits 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 fruit food(s) or snack(s).					
<input type="checkbox"/> Willing to make a snack with fruits.					
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 Fruit 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 3: Eating and Growing Fruits 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 fruits, especially fruits grown in Virginia.					
To identify the name and the number of servings to eat for the fruit group.					
To identify the different serving sizes for the fruit group.					
About vitamin A in fruits and how it helps eyesight.					
About vitamin C in fruits and how it helps heal cuts.					
To choose a variety of colorful fruit foods, especially snacks.					
To make a variety of colorful snacks with fruits.					
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 Fruit 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 fruits in the diet.					
Overall, I liked <i>"Eating and Growing Fruits 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 3: Eating and Growing Fruits in VA (348-782)

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"/> Fruits have vitamin C to heal my cuts.					
<input type="checkbox"/> Fruits have vitamin A to help me see at night.					
<input type="checkbox"/> I can identify the different serving sizes for fruits (fresh or cooked, juice, and dried).					
<input type="checkbox"/> I can add up the number of servings of fruits that I need to eat in one day.					
Making Decisions					
<input type="checkbox"/> I make healthy snack choices with fruits.					
<input type="checkbox"/> I choose at least 2 servings of fruit 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 fruit foods or snacks.					
<input type="checkbox"/> I made snacks with colorful fruits.					
Planning and Organizing					
<input type="checkbox"/> I can measure foods or fruits.					
<input type="checkbox"/> I can read a food label and find the amount of vitamin C or fiber in foods.					
<input type="checkbox"/> I wash my hands properly with soap and hot water and clean up after making a snack.					



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VIRGINIA STATE UNIVERSITY

Section 2**Learning about the Fruit 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 3: Eating and Growing Fruits 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 fruits, especially fruits grown in Virginia.					
To identify the name and the number of servings of fruits to eat in one day.					
To identify the different serving sizes for the fruit group.					
About vitamin A in fruits and how it helps me to see at night.					
About vitamin C in fruits and how it helps heal my cuts.					
To choose a variety of colorful fruits, especially snacks.					
To make a variety of colorful snacks with fruits.					
To give reasons why an active child needs a healthy, nutritious diet each day.					

Comments:

