

Virginia Cooperative Extension

Knowledge for the Commonwealth

Helper's Survey: Cloverbuds Cook with Pyramid Chef Lesson 4: Eating a Variety of Dairy Foods and Raising Dairy Cows in VA (348-783)

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 dairy foods have calcium to build strong bones and teeth.					
<input type="checkbox"/> Understands that dairy foods have protein to build and repair your body.					
<input type="checkbox"/> Can identify the different serving sizes for dairy foods.					
<input type="checkbox"/> Can add up the number of servings of dairy foods for a day.					
Making Decisions					
<input type="checkbox"/> Can choose healthy snack choices with dairy foods.					
<input type="checkbox"/> Can choose at least 3 servings of dairy foods each day.					
<input type="checkbox"/> Can use the Food Guide Pyramid to make food choices.					
Self Responsibility					
<input type="checkbox"/> Willing to learned a new cooking skill(s).					
<input type="checkbox"/> Willing to try new dairy food(s) or snack(s).					
<input type="checkbox"/> Willing to make a snack with dairy food.					
Planning and Organizing					
<input type="checkbox"/> Can measure foods.					
<input type="checkbox"/> Can read a label and find the calcium or protein in foods.					
<input type="checkbox"/> Understands the importance of cleanliness and cleaning up after making a snack.					

Comments:

Section 2

Learning about the Dairy 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 4: Eating a Variety of Dairy Foods and Raising Dairy Cows 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 dairy foods, especially those made in Virginia.					
To identify the name and the number of servings to eat for the dairy group.					
To identify the different serving sizes for the dairy group.					
About calcium in dairy foods and how it helps build strong bones and teeth.					
About protein in dairy foods and how it helps to build and repair your body.					
To choose a variety of calcium rich dairy foods, especially snacks.					
To make a variety of calcium rich snacks with dairy foods.					
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 Dairy 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 dairy in the diet.					
Overall, I liked <i>"Eating a Variety of Dairy Foods and Raising Dairy Cows 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 4: Eating a Variety of Dairy Foods and Raising Dairy Cows in VA (348-783)

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"/> Dairy foods have calcium to build strong bones and teeth.					
<input type="checkbox"/> Dairy products have protein to help build and repair my body.					
<input type="checkbox"/> I can identify the different serving sizes for dairy foods.					
<input type="checkbox"/> I can add up the number of servings of dairy foods to eat in one day.					
Making Decisions					
<input type="checkbox"/> I make healthy snack choices with dairy foods.					
<input type="checkbox"/> I choose at least 3 servings of dairy foods 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 dairy foods or snacks.					
<input type="checkbox"/> I made snacks with calcium and protein rich dairy foods.					
Planning and Organizing					
<input type="checkbox"/> I can measure foods or dairy foods.					
<input type="checkbox"/> I can read a food label and find the amount of calcium or protein in foods.					
<input type="checkbox"/> I wash my hands properly with soap and hot water and clean up after making a snack.					



VIRGINIA POLYTECHNIC INSTITUTE AND STATE UNIVERSITY

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VIRGINIA STATE UNIVERSITY

Section 2 Learning about the Dairy 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.

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

Lesson 4: Eating a Variety of Dairy Foods and Raising Dairy Cows 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 dairy foods, especially those made in Virginia.					
To identify the name and the number of servings of dairy foods to eat for one day.					
To identify the different serving sizes for the dairy group.					
About calcium in dairy foods and how it builds strong bones and teeth.					
About protein in dairy foods and how it helps build and repair my body.					
To choose a variety of calcium rich dairy foods, especially snacks.					
To make a variety of colorful snacks with dairy foods.					
To give reasons why an active child needs a healthy, nutritious diet each day.					

Comments:

Section 3 General Feedback About Project Materials

