A Children's Taste of African Heritage Student **EXIT** Survey



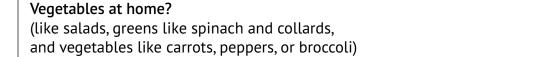
Name:	Age:
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Teacher: Date:

Please fill in one bubble for each question.

This past week, have you eaten	No, not Yes, this week 1-2 times	Yes, 3+ times	42
A meal that someone at home cooked? (not frozen food or carryout)			

A lunch or dinner that didn't have any meat?



Whole grains at home? (like whole wheat bread, brown rice, wild rice, oatmeal, quinoa, or millet)

Beans, lentils, or hummus at home? (like black beans, chickpeas, or baked beans)

Potatoes, sweet potatoes, yams, or cassava/yuca? (not French fries or potato chips)

Fruits like bananas, apples, pineapple, mango, watermelon, or berries? (not fruit juice)

Play outside or do something active?

(like running, jumping, playing sports, or dancing)

This past week, did you	No, not this week	Yes, 1-2 times	Yes, 3+ times
Help someone cook a meal at home?			















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May we contact you in 1 year to help measure the long-term impacts of this program? If so, please share your parent or guardian's email address or phone number. We will never share or sell contact information.

1. Which lesson was your favorite?

- 1: African Heritage
- 2: Herbs & Spices
- 3: Greens
- 4: Whole Grains
- 5: Beans & Rice
- 6: Tubers & Mashes
- 7: Fruits, Vegetables, and
- a Healthy Lifestyle

2. Which of these activities was your favorite?

Fitness Minutes

Food Categories Game

Talking to family about your heritage

Grinding spices, making spice blends,

and planting herbs

Make-Your-Own African

Heritage Grain Bowls

Tuber Bingo

Fruit and Vegetable Color Game

Extra-credit readings

3. Check off each recipe that someone also made for you at home:

Green Smoothie

Coconut Greens with Lime

Millet Banana Breakfast Porridge

Cold Black-Eyed Pea Salad

African Heritage Grain Bowls

Sweet Potato Peanut Stew (Mafé)

Boiled Plantains

After-Chop Fruit Salad

Okra and Corn

4. Did you like the recipes you tried during class?

Green Smoothie	Yes	No
Coconut Greens with Lime	Yes	No
Millet Banana Breakfast Porridge	Yes	No
Cold Black-Eyed Pea Salad	Yes	No
African Heritage Grain Bowls	Yes	No
Sweet Potato Peanut Stew (Mafé)	Yes	No
Boiled Plantains	Yes	No
After-Chop Fruit Salad	Yes	No
Okra and Corn	Yes	No

5. Do you want to eat more foods from the African Heritage Diet Pyramid after taking this class series?

Yes Not sure No

6. Do you want to help cook and prepare more healthy meals and snacks after taking this class series?

Yes Not sure No.

7. Did you share what you've learned about healthy African heritage foods with your friends or family?

No

Yes, I shared what I learned with

people

8. What new or surprising things did you learn about African heritage foods?

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