

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



Name:

Age:

Teacher:

Date:

Please fill in one bubble for each question.

This past week, have you eaten...	No, not this week	Yes, 1-2 times	Yes, 3+ times
A meal that someone at home cooked? (not frozen food or carryout)			
A lunch or dinner that didn't have any meat?			
Vegetables at home? (like salads, greens like spinach and collards, and vegetables like carrots, peppers, or broccoli)			
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)			
This past week, did you...	No, not this week	Yes, 1-2 times	Yes, 3+ times
Help someone cook a meal at home?			
Play outside or do something active? (like running, jumping, playing sports, or dancing)			





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 & Mashers
- 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?