

A Taste of African Heritage Student **EXIT** Survey



Name:

Age:

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

In answering this survey's questions, please consider your whole six-week journey and the changes you've made, not necessarily just what you ate and cooked during the last week of class.

Please fill in a circle for each question.	Never	1-2 times per week	3-4 times per week	5-6 times per week	Every day
1. How many times per week do you cook at home?					
2. How many times per week do you eat home-cooked meals? <i>(Note: for example, if you only cook 2 times, but eat home-cooked meals 5 times, please select "5.")</i>					
3. How many times per week do you eat the following?					
Herbs and spices					
Greens					
Whole grains					
Beans					
Vegetables <i>(including greens)</i>					
Fruits					
Vegetarian-based meals					
4. How often do you exercise per week? <i>(including walking)</i>					

5. After taking this class series, how would you describe "African heritage foods" to someone unfamiliar with them?

6. What surprised you most about the class series, the recipes, or African heritage foods?



7. Which of the recipes did you enjoy the most? Did you try cooking any of them at home?

Enjoyed	Tried at home	Enjoyed	Tried at home
Jollof Rice (Ch. 1)		Caribbean Coconut Red Beans (Ch. 4)	
Spicy Chickpeas (Ch. 1)		Simple Red Lentils (Ch. 4)	
Tangy Collard Greens (Ch. 2)		Cold Black-Eyed Pea Salad (Ch. 4)	
Garlicky Dill Mojo Sauce (Ch. 2)		Senegalese Sweet Potato Stew (Ch. 5)	
Spinach Cucumber Dill Salad (Ch. 2)		Kenyan Vegetable Mashed Potatoes (Ch. 5)	
Green Smoothie (Ch. 2)		Yuca Fries (Ch. 5)	
Millet with Zucchini & Chickpeas (Ch. 3)		Braised Cabbage (Ch. 6)	
Quinoa with Ginger & Carrots (Ch. 3)		Blackened Okra (Ch. 6)	
Curried Couscous with Peppers (Ch. 3)		Mango & Papaya After-Chop Fruit Salad (Ch. 6)	
Other recipe:			

8. If you did not try cooking any of the recipes at home, what were the reasons?

- | | | |
|---|--------------------------|--------|
| I did try cooking the recipes | Didn't have time to cook | Other: |
| Couldn't shop for ingredients or didn't have them at home | Don't enjoy the recipes | |
| | Physical difficulties | |

9. Has this class series changed the way you eat at all? If so, how?

10. Are history and heritage positive motivators for living and eating well? Yes No

11. Is there anything in the curriculum that you would change, add, or subtract?

Any other comments: