

A TASTE OF AFRICAN HERITAGE

STUDENT EVALUATIONS: ENTRANCE

NAME _____ AGE _____

<u>PLEASE CHECK ONE</u>	Never	1-2 times per week	3-4 times per week	5-6 times per week	Everyday
1) How many times a week do you cook at home?					
2) How many times a week do you eat home-cooked meals? For instance, if you cook twice a week, but eat home-cooked meals five nights a week, please check "5."					
3) How many times a week do you eat the following:					
Herbs and spices					
Greens					
Whole grains					
Beans					
Different tubers, like sweet potatoes or yams					
Vegetables (including greens)					
Fruits					
Vegetarian-based meals					
4) How often do you exercise a week (including walking)?					

5) When you hear the phrase "African heritage foods" what comes to mind?

6) If you're not already cooking and eating healthy, what is the biggest obstacle getting in the way?

- Time
 Don't Enjoy Cooking
 Physical Difficulties
 Junk Food & Sweets
 Finances
 Other: