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

<table>
<thead>
<tr>
<th>PLEASE CHECK ONE</th>
<th>Never</th>
<th>1-2 times per week</th>
<th>3-4 times per week</th>
<th>5-6 times per week</th>
<th>Everyday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) How many times a week do you cook at home?</td>
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<td>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.”</td>
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<tr>
<td>3) How may times a week do you eat the following:</td>
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<tr>
<td>Herbs and spices</td>
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<tr>
<td>Greens</td>
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<td>Whole grains</td>
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<tr>
<td>Beans</td>
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<tr>
<td>Different tubers, like sweet potatoes or yams</td>
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<tr>
<td>Vegetables (including greens)</td>
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<td></td>
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<td></td>
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<tr>
<td>Fruits</td>
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<td>Vegetarian-based meals</td>
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<tr>
<td>4) How often do you exercise a week (including walking)?</td>
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</tbody>
</table>

5) Qualify: After taking the class series, how would you describe “African heritage foods” to someone unfamiliar with them? ____________________________________________________________
                                                                                     ____________________________________________________________
                                                                                     ____________________________________________________________

6) What surprised you most about the class, the recipes, or African heritage foods? ____________________________________________________________
                                                                                     ____________________________________________________________
7) Did you cook any of the in-class recipes at home? If so, which ones?

☐ Jollof Rice (Ch 1) ☐ Simple Red Lentils (Ch 4)
☐ Spicy Chickpeas (Ch 1) ☐ Black-Eyed Pea Salad (Ch 4)
☐ Tangy Collard Greens (Ch 2) ☐ “Mafe”/Senegalese Sweet Potato Stew (Ch 5)
☐ Garlicky Dill Mojo Sauce (Ch 2) ☐ “Irio”/Kenyan Vegetable Mashed Potatoes (Ch 5)
☐ Spinach Cucumber Dill Salad (Ch 2) ☐ Yuca Fries (Ch 5)
☐ Green Smoothie (Ch 2) ☐ Braised Cabbage (Ch 6)
☐ Millet with Zucchini & Chickpeas (Ch 3) ☐ Blackened Okra (Ch 6)
☐ Quinoa with Ginger & Carrots (Ch 3) ☐ Mango & Papaya After-Chop Fruit Salad (Ch 6)
☐ Curried Couscous with Peppers (Ch 3) ☐ Other___________________________________
☐ Caribbean Couscous Red Beans (Ch 4)

8) If you did not get to cook in-class recipes at home, what were the reasons?

☐ Couldn’t shop for ingredients/didn’t have at home ☐ Didn’t enjoy recipes
☐ Didn’t have time to cook ☐ Physical difficulties
☐ Other ____________________________________________

9) What recipes were most interesting to you?

☐ Jollof Rice (Ch 1) ☐ Simple Red Lentils (Ch 4)
☐ Spicy Chickpeas (Ch 1) ☐ Black-Eyed Pea Salad (Ch 4)
☐ Tangy Collard Greens (Ch 2) ☐ “Mafe”/Senegalese Sweet Potato Stew (Ch 5)
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☐ Quinoa with Ginger & Carrots (Ch 3) ☐ Mango & Papaya After-Chop Fruit Salad (Ch 6)
☐ Curried Couscous with Peppers (Ch 3) ☐ Other___________________________________
☐ Caribbean Couscous Red Beans (Ch 4)

10) Is there anything in the curriculum that you would change, add, or subtract? ___________________________

__________________________________________________________________________________________

__________________________________________________________________________________________

11) Has this program changed the way you eat at all? If so, how? ___________________________

__________________________________________________________________________________________

__________________________________________________________________________________________

12) Are history and heritage positive motivators for living and eating well?  ☐ Yes  ☐ No

13) Any other comments: ___________________________

__________________________________________________________________________________________

__________________________________________________________________________________________

__________________________________________________________________________________________

__________________________________________________________________________________________