

A TASTE OF AFRICAN HERITAGE

STUDENT EVALUATIONS: EXIT

NAME _____ AGE _____

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.

<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) 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?

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

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

- | | |
|--|--|
| <input type="checkbox"/> Couldn't shop for ingredients/didn't have at home | <input type="checkbox"/> Didn't enjoy recipes |
| <input type="checkbox"/> Didn't have time to cook | <input type="checkbox"/> Physical difficulties |
| <input type="checkbox"/> Other _____ | |

9) What recipes were most interesting to you?

- | | |
|--|---|
| <input type="checkbox"/> Jollof Rice (Ch 1) | <input type="checkbox"/> Simple Red Lentils (Ch 4) |
| <input type="checkbox"/> Spicy Chickpeas (Ch 1) | <input type="checkbox"/> Black-Eyed Pea Salad (Ch 4) |
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| <input type="checkbox"/> Curried Couscous with Peppers (Ch 3) | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Caribbean Coconut 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: _____
