

NFSC 465- Community Nutrition
Community Nutrition Internship
Spring 2009

Nutrition Post Survey Discussion:

1. What does the word nutrition mean to you now:

2. Please, draw the "Plate Method":

3. What is an example of a whole grain:
4. What foods can you find fiber in:
5. What is an example of a lean protein:
6. What is an example of a calcium rich food:
7. What is an example of an unsaturated fat:
8. Please name one nutrient dense fruit and vegetable:
 - Fruit:
 - Vegetable:
9. Do you practice any healthier habits now, which you did not practice in January, regarding your health and nutrition? What are they and why did you decided to be healthier?

10. Please list 5 healthy item you would actually purchase at the grocery store now that you would not have purchased at the beginning of the semester:
 - A.
 - B.
 - C.
 - D.
 - E.

11. Do you feel when you leave the Skyway House you will be able to care for your own health and others health better? Please explain how:

12. What skills did you learned from our nutrition lessons that are the most valuable to your personal life:

13. Do you think you will cook more when you leave the Skyway House? Why/ why not and what:

14. Did you enjoy the activities developed around nutrition? Why or why not:

15. What, if any, other nutrition education topics would have made this a better learning experience for you personally? Please explain

16. Do you feel you will use any of the recipes in your own life? If not, what recipe would have been more desirable:

17. What is your level of gained nutrition knowledge toward making your diet and life healthier?
(5 being the highest)
 - a. 1
 - b. 2
 - c. 3
 - d. 4
 - e. 5

Additional comments?

*Thank you guys and we truly hope that your lives will be healthy and full of joy!
Good Luck!*

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