

Nutrition Pre- Survey Discussion:

1. What does the word nutrition mean to you?
2. What do you know about nutrition and what are you most interested in learning?
3. Where have you learned about nutrition previous to this upcoming experience?
4. When you leave the Skyway House will you be caring for others and or children? Please explain
5. Do you currently have any health condition we should be concerned about?
 - a. Diabetes
 - b. High Blood Pressure
 - c. Heart disease/ Stroke/ Heart attack
 - d. Obesity
 - e. High Cholesterol
 - f. Others
6. What cooking skills do you currently have?
7. What types of cooking skills are you interested in learning?
8. What types of recipes and meals would you most like learn to prepare?
9. What is your level of interest in making your diet and life healthier?
(5 being the highest)
 - a. 1
 - b. 2
 - c. 3
 - d. 4
 - e. 5
10. Do you have any questions regarding health and nutrition?