

- (xi) Establishing a Community Project (suggestions)
 really liked it
 no reaction
 didn't like it
 other — please specify —
11. Could you see clearly:
 (i) words and pictures shown on overhead projector
 yes no
 (ii) mounted pictures of food
 yes no
 (iii) words on the colored building blocks
 yes no
 (iv) nutrient comparison charts
 yes no
 (v) other — please specify —
12. Have you made any use of:
 (i) the booklet, "What to Eat to be Healthy"
 yes no
 (ii) the booklet, "Food & Fitness"
 yes no
 (iii) other material handed out
 yes no
13. Would you have learned more if some of the facts had been written in a booklet to be taken home?
 yes
 maybe
 no
 other — please specify —
14. Have you contacted anyone listed on the information sheets and/or written away or received any other material as a result of the nutrition workshop?
 yes
 no
15. What sections in the workshop did you learn the most from:
 What food means to you
 Nutrition Canada
 Food Nutrients and their functions
 Food Bingo
 Shopping Trip
 Information on Health Protection Branch, Consumer & Corporate Affairs
 Health Protection of the Consumer
 Food Additives
 Labelling
 Food Handling and Sanitation
 Establishing a community project
16. Did the Foods & Nutrition Specialist speak:
 loudly
 clearly
 too quickly
 too slowly
 too quietly
 other — please specify —
17. Was the Foods & Nutrition Specialist
 easy to understand
 difficult to understand
 other — please specify —
18. Did the Foods & Nutrition Specialist
 encourage questions
 discourage questions
 other — please specify —
19. Did the Foods & Nutrition Specialist clarify points that were not well understood:
 all the time
 most of the time
 seldom
 never
 other — please specify —
20. Which method of learning did you prefer
 a talk given by the home economist
 group participation and discussion
 question and answer periods
 use of printed booklets, pamphlets
 use of visual aids
 other — please specify —
21. As a result of the workshop do you:
 glance over food labels before buying
 read food labels carefully before buying
 forget to look at labels
 find that label reading takes too much time
 make different food choices after reading label
 other — please specify —
22. Since the workshop have you taken a careful look at your family's food practices
 (i) yes no
 (ii) If you answered "yes" have you
 changed any of your food practices
 made no changes because they aren't needed
 no changes
 other — please specify —
23. As a result of the workshop have you:
 bought different foods because of their nutrient value
 avoided buying empty calorie foods
 made no changes in food buying practices
 made no changes in food buying practices because they aren't needed
 other — please specify —
24. As a result of the workshop have you:
 changed any of your cooking methods to preserve nutrients
 paid more attention to cooking and storage temperature
 thought little about making changes
 made no changes in food preparation and storage
 made no changes in food preparation and storage because they aren't needed
 other — please specify —