

1. I will be able to feed my family healthier foods because of this class.

Strongly agree    Agree    Disagree    Strongly disagree

2. I feel better prepared to exercise by myself or with my family because of this class.

Strongly agree    Agree    Disagree    Strongly disagree

3. I would recommend this program to another family:    Yes                       No

4. The slow cooker will help me prepare more healthy meals.

Strongly agree    Agree    Disagree    Strongly disagree

5. One way I learned for my family to eat more lean protein is:

6. My favorite part of the session was:

7. To improve this program I recommend:

8. What was your opinion of the food prepared today?

Recipe	I didn't like it					I loved it
_____	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	
_____	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	
_____	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	
_____	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	

Comments:

***Thank you!***