

Date: Your Location:

Name of Session: What’s New with Canada’s Food Guide?

For each statement below, please circle your answer.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly Disagree** | **Disagree** | **Neutral** | **Agree** | **Strongly Agree** |
| **1.** | **Today’s session was easy to understand.** | 1 | 2 | 3 | 4 | 5 |
| **2.** | **Today’s session kept me interested.** | 1 | 2 | 3 | 4 | 5 |
| **3.** | **The information I learned today helps me understand the new changes in Canada’s Food Guide.** | 1 | 2 | 3 | 4 | 5 |
| **4.** | **The information I learned today will help me speak with others about healthy foods and eating habits.** | 1 | 2 | 3 | 4 | 5 |
| **5.** | **I know where to get resources to better understand the new Food Guide.** | 1 | 2 | 3 | 4 | 5 |
| **6.** | **I would attend another education session on Canada’s Food Guide.** | 1 | 2 | 3 | 4 | 5 |
|  |
|  | **Poor** | **Below Average** | **Average** | **Good** | **Excellent** |
| **7.** | **Overall, I rate this session:** | 1 | 2 | 3 | 4 | 5 |
|  |
|  | **Just Right** | **Too Short** | **Too Long** |  |
| **8.** | **The length of the session was:** | 1 | 2 | 3 |

**9. What two things did you learn today that was most useful to you?**

 **10. What nutrition topic(s) would you like to learn about in future sessions?**

**11. Other comments: (All comments are welcome and very helpful!)**

**Thank you, we value your comments! FAX to 780-495-7338**