Beans + Rice = A Complete Protein for Global Nutrition
Participant PRE-Survey

Please answer the questions below **before** you complete the *Beans + Rice = A Complete Protein for Global Nutrition* experience.

1. What is your name? _____

2. What is today's date? _ _ / _ _ / _ _ _ _
                        MM DD Y Y Y Y

3. Please circle the number that best represents your **current knowledge** of the topic below:

	Low		Medium		High	Not applicable
The health benefits of eating beans and rice	1	2	3	4	5	6
The different types of beans and rice	1	2	3	4	5	6
Cooking traditions for beans and rice other countries from around the world	1	2	3	4	5	6

4. Please circle the number that best represents your **current confidence** that you can do the following:

	Not at all confident		Somewhat confident		Very Confident	Not applicable
Cook a **healthy** meal using beans and rice	1	2	3	4	5	6
Replace white rice with a healthier form of rice (such as brown rice) when preparing a meal or snack	1	2	3	4	5	6

Beans + Rice = A Complete Protein for Global Nutrition
Participant POST-Survey

Please answer the questions below *after* you complete the *Beans + Rice = A Complete Protein for Global Nutrition* experience.

1. What is your name? _____

2. Please circle the number that best represents your **current knowledge** of the topic below:

	Low		Medium		High	Not applicable
The health benefits of eating beans and rice	1	2	3	4	5	6
The different types of beans and rice	1	2	3	4	5	6
Cooking traditions for beans and rice from other countries around the world	1	2	3	4	5	6

3. Please circle the number that best represents your **current confidence** that you can do the following:

	Not at all confident		Somewhat confident		Very Confident	Not applicable
Cook a ***healthy*** meal using beans and rice	1	2	3	4	5	6
Replace white rice with a healthier form of rice (such as brown rice) when preparing a meal or snack	1	2	3	4	5	6

4. Please rate the **quality of your overall experience** with the *Beans + Rice = A Complete Protein for Global Nutrition* educational experience. Circle your choice below.

Poor	Below Average	Average	Above Average	Excellent	Undecided
1	2	3	4	5	6

5. How likely are you to **recommend** the *Beans + Rice = A Complete Protein for Global Nutrition* educational experience to a friend, family member, or co-worker? Circle your choice below.

Extremely unlikely	Unlikely	Neutral	Likely	Extremely likely	Undecided
1	2	3	4	5	6