



**Potatoes – Healthy Carbohydrates for Energy All Over the Globe
Participant PRE-Survey**

Please answer the questions below **before** you complete *Potatoes – Healthy Carbohydrates for Energy All Over the Globe* experience.

1. What is your name? _____

2. What is today’s date? __/__/____
MM DD YYYY

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

	Low	2	3	4	High	Not applicable
The health benefits of eating potatoes and sweet potatoes	1	2	3	4	5	6
The different types of potatoes	1	2	3	4	5	6
Cooking traditions for potatoes from other countries 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	2	3	4	Very Confident	Not applicable
Cook a healthy meal using potatoes	1	2	3	4	5	6
Use healthy cooking techniques when preparing potatoes	1	2	3	4	5	6



**Potatoes – Healthy Carbohydrates for Energy All Over the Globe
Participant POST-Survey**

Please answer the questions below **after** you complete the *Potatoes – Healthy Carbohydrates for Energy All Over the Globe* 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 potatoes and sweet potatoes	1	2	3	4	5	6
The different types of potatoes	1	2	3	4	5	6
Cooking traditions for potatoes 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 potatoes	1	2	3	4	5	6
Use healthy cooking techniques when preparing potatoes	1	2	3	4	5	6

4. Please rate the **quality of your overall experience** with *Potatoes – Healthy Carbohydrates for Energy All Over the Globe* 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 *Potatoes – Healthy Carbohydrates for Energy All Over the Globe* 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