

Good Grinding for Wise Dining
Instructor Guide
Final Evaluation

Please give the Final Evaluation one month after the last of the 12 lessons are completed. For an example, if the last lesson is given on the third Monday in June, give the Final Evaluation on the third Monday in July.

Ask someone in the audience to assist you. Have them count the total number of participants in the audience and record the number on evaluation form. Have them count the number of participants agreeing with each statement and record the number on the evaluation form.

Island: _____ Site: _____

Leader: _____ Date: _____

Number of Total Participants: _____

	Yes	No	Sometimes
I make and eat easy meals.			
I eat fruits and veggies at breakfast, lunch, dinner, and snacks.			
I eat small meals and snacks throughout the day.			
I eat food with fruits and veggies, even on special occasions.			
I wash my hands before making and eating food.			
I drink water regularly through the day.			