Pre-Assessment
Lay Health Educators: Nutrition Questionnaire

Name: _________________
Date:__________________
Race:___________
Gender:_______________
Age: _________

1. How many servings of fruits and vegetables per day do you think experts advise people to eat?
   a. 1 
   b. 10 
   c. 5 
   d. 25 

2. What version of dairy foods do experts recommend that you should eat?
   a. Full fat 
   b. Lower fat like 1% and skim 
   c. No dairy at all 
   d. A mix of full and low fat 
   e. Not sure 

3. Nutrition guidelines suggest avoiding 2 kinds of fats, choose 2 below.
   a. Trans Fats 
   b. Polyunsaturated Fats 
   c. Monounsaturated Fats 
   d. Saturated Fats 

4. Do you think these are high or low in added sugars? Indicate high or low
   a. Bananas 
   b. Unflavored yogurt 
   c. Ice cream 
   d. Squash 
   e. Ketchup 
   f. Canned fruit in syrup 

5. Do you think these are high or low in salt? Indicate high or low
   a. Sausages 
   b. Bread 
   c. Red meat 
   d. Frozen vegetables 
   e. Cheese 
   f. Frozen dinners 

Healthy Way
6. A glass of 100% natural fruit juice counts as 1 full serving of fruit?
   a. True
   b. False
   c. Not sure

7. Which of these breads contains the most vitamins and minerals?
   a. White bread
   b. Honey wheat bread
   c. Whole wheat bread
   d. Not sure

Healthy Swaps
1. If someone wants to prepare a healthier meat dish, which methods are recommended?
   a. Deep frying
   b. Pan frying in oil or butter
   c. Baking
   d. Breading and Frying

2. A customer comes in and wants to cut down the amount of fat in their diet. They eat a lot of cheese, so you would suggest that they look for:
   a. Full fat cheese
   b. Eliminate cheese from their diet
   c. Low fat, part skim cheese
   d. Vegan cheese

3. Someone comes in and wants to cut down their daily soda consumption, you would suggest that they swap out soda for (choose 2):
   a. Fruit juice from concentrate
   b. 100% fruit juice
   c. Water
   d. Energy drinks

4. A customer who is concerned about their red meat consumption could swap out steak and ground beef with (choose 2):
   a. Ground Turkey
   b. Sausage
   c. Healthy fish such as salmon
   d. Ham
5. Customers who are worried about hypertension should swap out salt heavy processed and packaged food with (choose 2):
   - a. Fast food meals
   - b. Fresh fruits and vegetables and whole grains
   - c. No Salt Added or low sodium canned foods
   - d. Foods high in sugar

**Diet Related Disease**

1. A customer who has had a Heart Attack or is at risk for Heart Disease should look for what types of foods:
   - a. Processed food
   - b. Low sodium options
   - c. High fat foods
   - d. Sugary Drinks

2. A customer at risk for diabetes should do which of the following (choose all that apply):
   - a. Cut back on sugary drinks
   - b. Eat more processed foods
   - c. Eat 100% whole grains such as oatmeal or 100% whole grain bread
   - d. Fill half their plate with fruits and vegetables

3. Older customers or those with a risk of heart disease should keep their sodium intake to how many milligrams per day?
   - a. 2,300
   - b. 500
   - c. 3,000
   - d. 1,500

4. A customer who is concerned about high cholesterol should limit (Choose 2):
   - a. Vegetables
   - b. Saturated and Trans Fats
   - c. Fatty red meats
   - d. Leafy greens
Pre Assessment
Lay Health Educators: How Likely are you to…. 
Name: ______________

1. How much do you like fruit?  
   A lot   a little   not very much   not at all

2. How much do you like vegetables?  
   A lot   a little   not very much   not at all

3. How much do you like tasting new fruits?  
   A lot   a little   not very much   not at all

4. How much do you like tasting new vegetables?  
   A lot   a little   not very much   not at all

5. How likely are you to taste a new fruit or vegetable?  
   Very likely   Likely   Not likely   Not at All
LUL Health Fair Questionnaire

Fruit and vegetables in your diet

Eating lots of fruit and vegetables can protect you from illnesses such as heart disease, stroke and cancer. Fruit and vegetables are packed full of vitamins, minerals and fibre, all of which are an essential part of a healthy diet.

Most fruit and vegetables are low in fat and calories, so this makes them a great choice for weight control. Health professionals recommend we eat at least 5 portions of fruit and veg a day, but many people eat less than 3 portions a day. That’s about half of what we should be aiming for!

Potatoes (which are considered a starchy food) do not count. Why not try the following questionnaire to see if you are getting your 5-a-day.

1. For the following questions, place a tick against the option that best describes how often you eat these foods. Then add up the number of As, Bs, Cs and Ds in the last column.

How often do you eat…

<table>
<thead>
<tr>
<th>Fruit?</th>
<th>Drink fruit juices/smoothies?</th>
<th>Salad vegetables (e.g. tomato, cucumber) /other raw vegetables?</th>
<th>Cooked vegetables?</th>
<th>Total numbers of As, Bs, Cs and Ds?</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>2 or more portions per day</td>
<td>A 1 or more glasses per day</td>
<td>A 3 or more portions per day</td>
<td>As</td>
</tr>
<tr>
<td>B</td>
<td>1 or 2 portions on most days</td>
<td>B 1 glass on most days</td>
<td>B 1 or 2 portions on most days</td>
<td>Bs</td>
</tr>
<tr>
<td>C</td>
<td>2 or 3 portions per week</td>
<td>C 2 or 3 glasses per week</td>
<td>C 2 or 3 portions per week</td>
<td>Cs</td>
</tr>
<tr>
<td>D</td>
<td>Once a week or less</td>
<td>D Once a week or less</td>
<td>D Once a week or less</td>
<td>Ds</td>
</tr>
</tbody>
</table>

TOP TIP | Did you know that one glass of fruit juice or smoothie can count as one of your 5-a-day, but it’s best to have them with meals. Fibre, naturally present in fruit, is lost in the juicing process and drinking too much juice can contribute to having too much sugar in your diet overall.
2. How often do you have fruit as a snack or as part of your meals?
Mark the boxes with either (A) Regularly, (B) Often, (C) Sometimes or (D) Never

- [ ] Fruit as a snack
- [ ] Fruit with breakfast (e.g. chopped banana on cereal)
- [ ] Fruit as part of your lunch or dinner (e.g. with a sandwich)
- [ ] Fruit in a dessert (e.g. apple crumble)

**TOP TIP:** A good way to increase the amount of fruit you have is to add it to your breakfast cereal, for example adding a handful of chopped apple to your porridge. Also, try having a handful or small packet of dried fruit as a between meal snack at work.

3. How often do you have vegetables as part of your meals?
Mark the boxes with either (A) Regularly, (B) Often, (C) Sometimes or (D) Never

- [ ] Vegetables as a snack (e.g. carrot sticks)
- [ ] Portions of vegetables with main meals (includes baked beans & pulses but not potatoes)
- [ ] A side salad with main meals
- [ ] A vegetable-based meal (e.g. vegetable curry or vegetable soup)

**TOP TIP:** Aim to include a ‘rainbow’ of vegetables in your diet, because different coloured vegetables contain different vitamins, minerals and other compounds which are good for our health.

Add the total number of As, Bs, Cs and Ds that you scored in this questionnaire here:

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<tr>
<td>Mostly As: Well done! It looks as if you are eating at least 5 portions of fruit and vegetables per day, and possibly more! Don’t forget, the more variety you have, the more vitamins and minerals you will include into your diet.</td>
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Mid-Course Assessment

Name: _________________

Date:__________________

Race:___________

Gender:_______________

Age: _________

1. On a scale of 1 to 5, how prepared do you feel to approach customers as an LHA?
   1  2  3  4  5

2. On a scale of 1 to 5, how prepared do you feel to talk about nutrition with customers?
   1  2  3  4  5

3. On a scale of 1 to 5, how prepared do you feel to talk about diet related disease with customers?
   1  2  3  4  5

4. Was there anything you expected to encounter in this course that we haven’t addressed, and you would like to see covered?

5. What topic do you feel most prepared to talk about?

6. What topic do you feel least prepared to talk about?
7. Please describe what you believe to be the most important idea or skill you have learned from this course so far.

8. What information or training do you need to feel more prepared for the role of Lay Health Advocate?
Post-Assessment
Lay Health Educators: Nutrition Questionnaire

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Date:__________________
Race:___________
Gender:_______________
Age: _________

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4. Do you think these are high or low in added sugars? Indicate high or low
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5. How likely are you to taste a new fruit or vegetable?  
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The following questions can be answered with 1 to 5. 1 Being not confident and 5 being most confident.

6. How confident do you feel if you had to interact with a customer as a Lay Health Ambassador?  
   1   2   3   4   5

7. How confident do you feel about the new health and nutrition knowledge you learned?  
   1   2   3   4   5

8. Do you feel confident that you could assist a customer with a health or food related question?  
   1   2   3   4   5

9. Would you feel confident referring a customer to the Healing Community Center?  
   1   2   3   4   5
The following questions are related to the class. They are open ended, please write in an answer.

1. Did you enjoy the material presented?

2. What other health topics do you think should be included in the course?

3. What was your favorite part of the course?

4. What was your least favorite part of the course? How would you make it better?
5. What did the instructor do well?

6. How could the instructor improve?
Eating lots of fruit and vegetables can protect you from illnesses such as heart disease, stroke and cancer. Fruit and vegetables are packed full of vitamins, minerals and fibre, all of which are an essential part of a healthy diet. Most fruit and vegetables are low in fat and calories, so this makes them a great choice for weight control. Health professionals recommend we eat at least 5 portions of fruit and veg a day, but many people eat less than 3 portions a day. That’s about half of what we should be aiming for!

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