

## The Efficient Cook

### Lesson Evaluation

County: \_\_\_\_\_ Date: \_\_\_\_\_

We'd like to know more about how your participation in this lesson has affected you. Please take a few minutes to answer these questions.

**1. To what extent did the lesson increase your awareness or knowledge of the following?**

	Very Much			Very Little	
Benefits of cooking meals at home	1	2	3	4	5
Ways to be a more efficient cook	1	2	3	4	5
Ways to properly freeze foods	1	2	3	4	5

**2. As a result of attending this lesson, you may change some of your ideas or behaviors. Which of the following did you do regularly BEFORE the lesson?**

BEFORE this lesson (check one box for each item)	Tried to do regularly	Didn't Do Regularly	Didn't Do
Plan meals to increase cooking efficiency.			
Optimize the use of kitchen equipment such as freezer and other kitchen tools.			

**Which will you do regularly AFTER this lesson?**

AFTER this lesson (check one box for each item)	Tried to do regularly	Didn't Do Regularly	Didn't Do
Plan meals to increase cooking efficiency.			
Optimize the use of kitchen equipment such as freezer and other kitchen tools.			

**3. Are there any other things you plan to do differently after today's lesson? (Please use back).**

Thank you. Please give this completed form to your leader/teacher, who will return it to the County Extension Office.

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## **Klamath Basin Research and Extension Center**

*Oregon State University in cooperation with Klamath County and USDA*

### **Vandenberg Site**

3328 Vandenberg Road  
Klamath Falls, OR 97603-3796  
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Fax: 541-883-4582  
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### **Washburn Site**

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Klamath Falls, OR 97603-9365  
Phone: 541-883-4590  
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<http://oregonstate.edu/dept/kes>

## **Informed Consent Statement**

To: Lesson Participants (The Efficient Cook Lesson)

This lesson is being taught to Family and Community Education study groups in several counties. The OSU Extension Service is conducting research to assess the impact this lesson may have on your knowledge and habits. Please take 5 minutes to fill out the evaluation.

The completed evaluations will be forwarded to OSU by the county Extension office. Your response, together with others, will be combined and used for statistical summaries only.

The summary of findings will be included in the 2011 Extension Family and Community Health program's annual report that will be shared with OSU Extension Administrators. The information may also be included in reports of Extension accomplishments. You're welcome to see the result if you like.

Your participation in this evaluation study is **VOLUNTARY**. You may choose not to participate. You are free to answer only those questions that you feel comfortable answering.

The information that we obtain from you will be kept confidential to the extent permitted by law. No one will know whose responses are whose. Only the county name will be on the form. Please be sure **NOT** to put your name or any identifying marks on the evaluation form.

There are no foreseeable risks associated with your participation in this study. Your feedback will help the OSU Extension Service to provide lessons that meet your needs.

If you have questions about the evaluation, contact Patricia Case at 541-883-7131. If you have questions about your rights as a research participant, please contact the Oregon State University Institutional Review Board (IRB) at 541-737-8008 or e-mail at [Irb@oregonstate.edu](mailto:Irb@oregonstate.edu).

Sincerely,

Patricia Case  
Extension Family and Community Health Faculty