

# Seafood at its Best



FCH11-03  
December 2010

## 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/knowledge about the following?**

	Very much			Very little	
	1	2	3	4	5
Ways that seafood benefits health	1	2	3	4	5
Potential health risks linked with seafood	1	2	3	4	5
Seafood consumption guidelines for consumers	1	2	3	4	5
Tips for buying, handling, and cooking seafood	1	2	3	4	5

**2. As 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
Eat recommended amounts of seafood.			
Consider both health benefits and potential risks when eating seafood.			

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

After this lesson (check one box for each item)	Will try to do regularly	Won't do regularly	Won't do
Eat recommended amounts of seafood.			
Consider both health benefits and potential risks when eating seafood.			

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

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