

# Happy Home Meals – Single Event

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## BEFORE the class.....

Please put a check (✓) in the box that best answers the question.

		1 Never	2 Seldom	3 Some of the time	4 Most of the time
(1F)	How often did you plan your child's meals ahead of time?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(3A)	How often did you follow the MyPyramid recommendations to plan and prepare your child's meals?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(5A)	How often did you let your child choose how much to eat?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## AFTER the class.....

Please put a check (✓) in the box that best answers the question.

		1 Never	2 Seldom	3 Some of the time	4 Most of the time
(1F)	How often will you plan your child's meals ahead of time?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(3A)	How often will you follow the MyPyramid recommendations to plan and prepare your child's meals?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(5A)	How often will you let your child choose how much to eat?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Do you plan to make any changes in your family meals after today's lesson? Please put a check ( ) in the box that describes your plans for each Thing to Do.

Things to Do	I plan to do	I try to do now	I might do later
Schedule at least one family meal each week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Find a place to sit together for family meals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Turn off the TV during family meals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keep mealtimes calm and peaceful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Where did you participate in the Happy Home Meals lesson? Check one:

- At WIC
- At OSU Extension Service Nutrition Class
- At Head Start



Materials will be made available in large print, Braille, on audiotape, computer disk, verbally or other formats, upon request. Contact your local Extension office.

The Food Stamp Program can help you buy nutritious foods. To find out more, call Oregon SafeNet at 1-800-723-3638 or (503) 988-5858 in the Portland metro area.

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