

WORKSHOP #4 – NUTRITION AND HEALTH

School Name where this workshop took place : _____

PRE-SURVEY

Please answer the following questions:

1. Which of the following is TRUE?
 - a. All children should have the same eating habits
 - b. Junk and fast food are never ok
 - c. Nutritious foods provide fuel for children’s bodies and brains
 - d. When children are hungry, tired or sick, they are more alert and have increased learning

2. How do you promote the well-being of children?
 - a. Count food items or talk about food names as you eat
 - b. Allow children to play outside for 60 minutes every day regardless of weather
 - c. Encourage healthy food choices by talking about “good-for-you” or “bad-for-you” food
 - d. A & C only

3. Why is getting enough sleep important for learning?
 - a. It prevents a child’s brain from becoming over-simulated
 - b. It helps a child gain weight
 - c. It helps a child stay mentally and physically healthy
 - d. It increases a child’s desire to try new things

4. Did you use any ideas at home that were presented at the last workshop?
 - a. Yes
 - b. No
 - c. N/A. I did not attend

5. Have you attended a bornlearning[®] Academy Workshop before?
 - a. Yes (Please circle the number of prior workshops attended: **1 2 3**) **You are finished with the PRE-SURVEY**
 - b. No (Then please provide the following information about yourself

PRE-SURVEY (page 2)

[Note: This information will be used for research and reporting purposes only.]

Please tell us about yourself:

Parenting Role: Mother Father Grandparent Other Relative Other Caregiver

Your Age: 20 years and younger 21-30 years 31-40 years
 41-50 years more than 50 years

Ethnicity: White African American
 Hispanic Asian
 Native American Pacific Islander
 Other _____

Highest educational: No High School or GED Completed High School or GED
level achieved Some College (no degree) Completed Undergraduate (Associate or Bachelors)
 Completed Graduate Degree (Masters, PhD, MD, etc.)

Primary Language: English Spanish Other: _____

Income level of your household: Under \$10,000 \$10,000-\$20,000 \$20,000-\$30,000
 \$30,000-\$40,000 Above \$40,000

Developmentally, Mentally or Physically Disabled: Yes No Military Service: Yes No

Do you have children age: 0-2 3-6 7-10 11-18 Expectant Mother

Thank you!

POST-SURVEY

Please answer the following questions:

1. How do you promote the well-being of children?
 - a. Count food items or talk about food names as you eat
 - b. Allow children to play outside for 60 minutes every day regardless of weather
 - c. Encourage healthy food choices by talking about “good-for-you” or “bad-for-you” food
 - d. A & C only

2. Why is getting enough sleep important for learning?
 - a. It prevents a child’s brain from becoming over-stimulated
 - b. It helps a child gain weight
 - c. It helps a child stay mentally and physically healthy
 - d. It increases a child’s desire to try new things

3. Which of the following is TRUE?
 - a. All children should have the same eating habits
 - b. Junk food and fast food are never ok
 - c. Nutritious foods provide fuel for children’s bodies and brains
 - d. When children are hungry, tired or sick, they are more alert and have increased learning

4. Did you plan on using any ideas at home that were presented today?
 - a. Yes
 - b. No

POST-SURVEY (page 2)

Please answer the following questions:

1. How do you promote the well-being of children?
 - a. Count food items or talk about food names as you eat
 - b. Allow children to play outside for 60 minutes every day regardless of weather
 - c. Encourage healthy food choices by talking about “good-for-you” or “bad-for-you” food
 - d. A & C only

2. Why is getting enough sleep important for learning?
 - a. It prevents a child’s brain from becoming over-stimulated
 - b. It helps a child gain weight
 - c. It helps a child stay mentally and physically healthy
 - d. It increases a child’s desire to try new things

3. Which of the following is TRUE?
 - a. All children should have the same eating habits
 - b. Junk food and fast food are never ok
 - c. Nutritious foods provide fuel for children’s bodies and brains
 - d. When children are hungry, tired or sick, they are more alert and have increased learning

4. Did you plan on using any ideas at home that were presented today?
 - a. Yes
 - b. No

PRE-SURVEY KEY

1. C
2. D
3. C

POST-SURVEY KEY

1. D
2. C
3. C