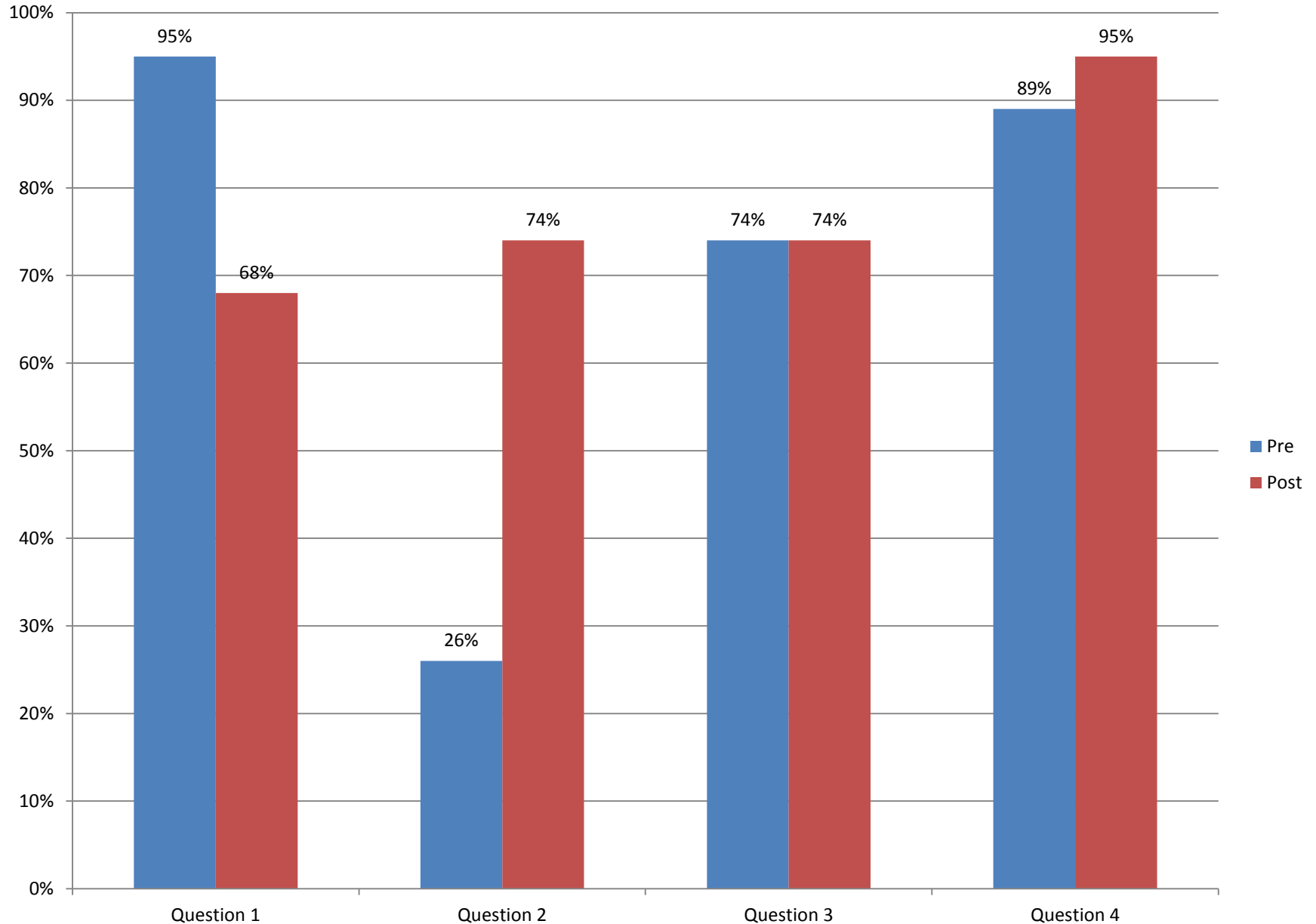


Nutrition Pre & Post Test Results Jan-June 2012

n = 19 students



1. A Whole Grain is a food made from grains that:
 - a. Contain the bran, germ, and endosperm
 - b. Are high in fiber
 - c. Can prevent cancer and lower cholesterol
 - d. All of the above

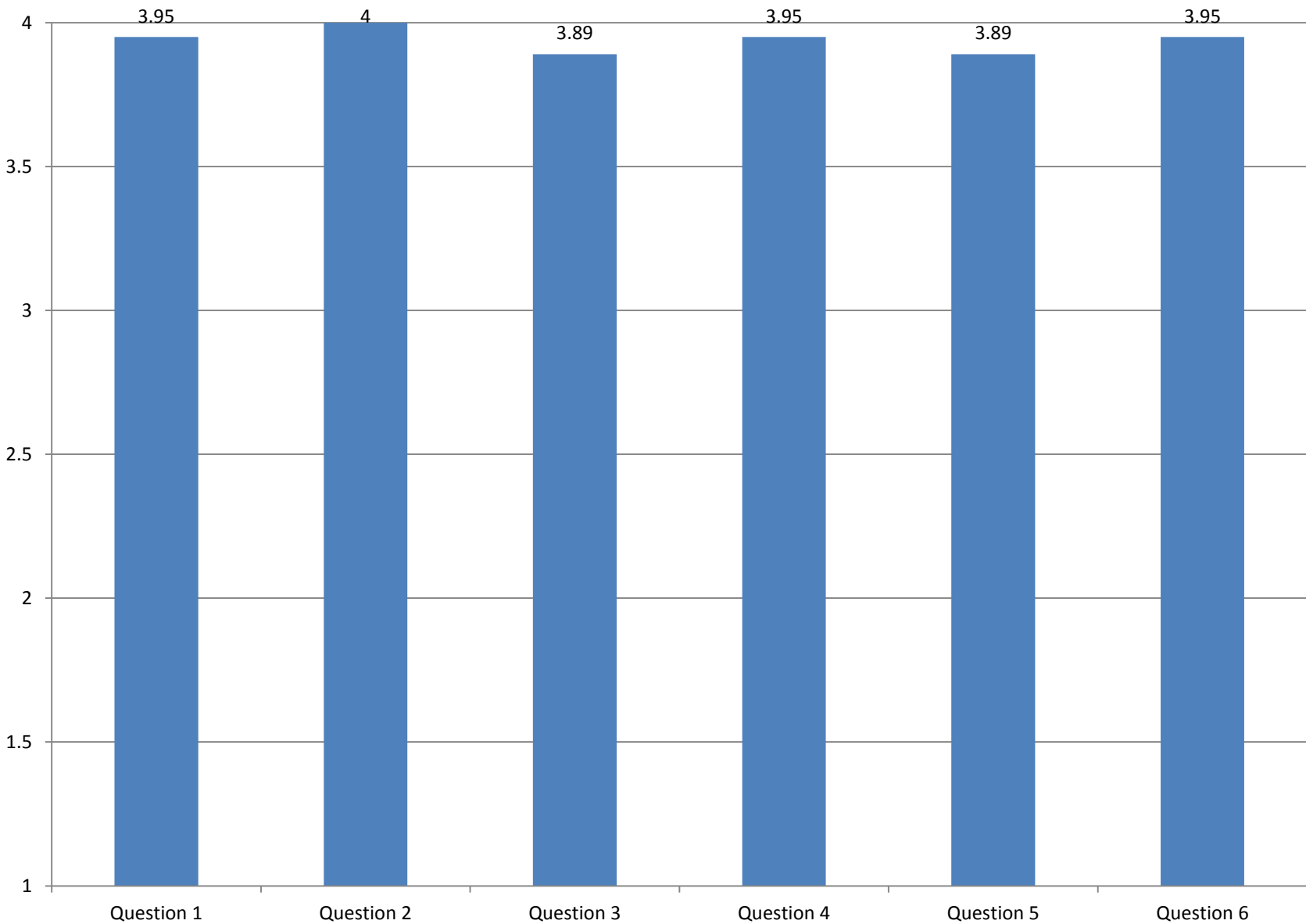
2. The recommended daily servings of fruits and vegetables is:
 - a. 2
 - b. 3
 - c. 5
 - d. 7

3. Supplements such as multivitamins can replace the nutrients acquired by eating a balanced diet
 - a. True
 - b. False

4. The beneficial nutrients in fruits and vegetables can
 - a. Reduce the risk of heart disease
 - b. Protect against cancer
 - c. Fight obesity/Type II diabetes
 - d. All of the above

Nutrition Post Program Satisfaction & Evaluation Results Jan-June 2012

n = 19 students



Please rate items 1-4 using the following scale:

1	2	3	4
<i>Strongly disagree</i>	<i>Disagree</i>	<i>Agree</i>	<i>Strongly agree</i>

1. The presenter was knowledgeable, professional, and respectful.	1	2	3	4
2. The information covered in the presentation is important for college students.	1	2	3	4
3. This presentation helps me to make more responsible decisions with my stress.	1	2	3	4
4. Learning about stress and how to cope with stress is beneficial to my health.	1	2	3	4
5. In the future I will use this information to make healthy life choices.	1	2	3	4
6. The information provided is useful to me currently and in the future.	1	2	3	4