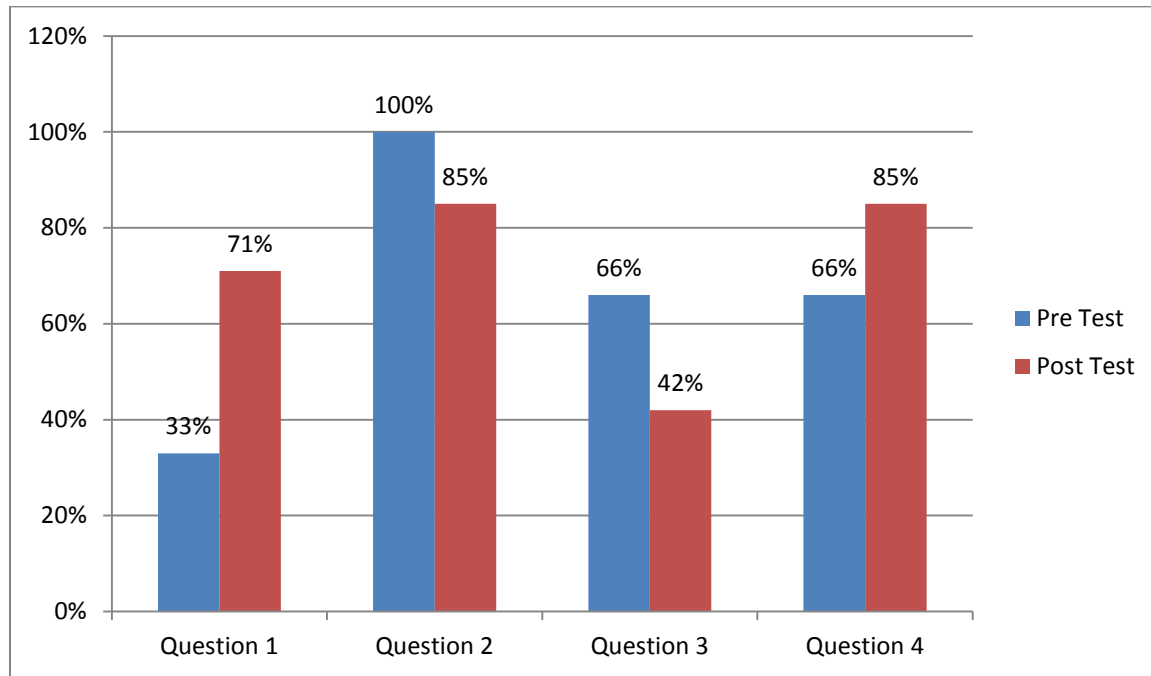


Fooducate –Nutrition

[Percent reported is percent correct for each question]

March 18, 2013

N=7



Questions:

1. How many calories are in 1 gram of Alcohol?
a. 9 b. 4 c. 12 d. 7
2. What is the average amount of calories an adult should consume in a day?
a. 2200-2700 b. 2000-2500 c. 1600-2000 d. 2300-3000
3. Adults need to consume cholesterol daily.
a. True b. False
4. If you exercise, your daily water intake needs will increase.
a. True b. False

Comments:

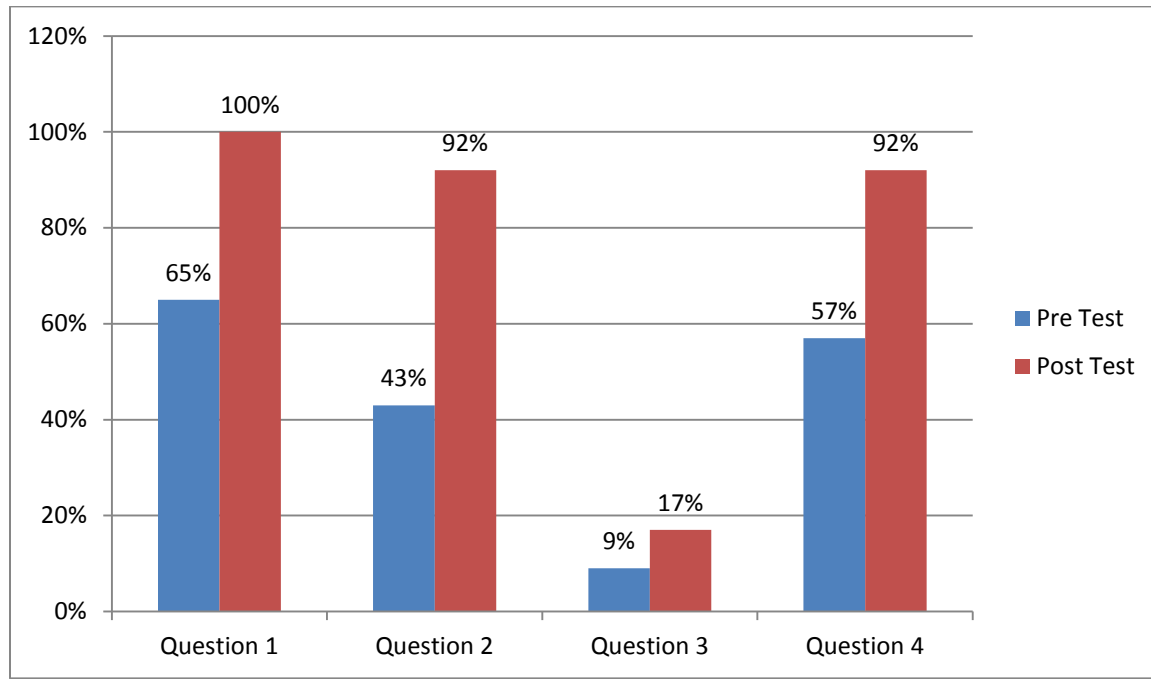
- Great presentation guys! Thank you!
- Great presentation
- Excellent presentation!

Caring for Self Presentation – Exercise & Nutrition

[Percent reported is percent correct for each question]

January 24, 2013

N=25



Questions:

1. In the year 2010-2011, what was the #1 cause of death of Americans? (answer: C)
A. Cancer B. Diabetes C. Heart Disease D. AIDS
2. A 1-cup serving size is about the size of a...? (Answer: B)
A. Light Bulb B. Baseball C. Hockey Puck D. Deck of Cards
3. To maintain a healthy weight, you must participate in at least 45 minutes of moderate intensity exercise 3 days a week. (Answer: B)
A. True B. False
4. Bouncing during stretching ensures a deeper stretch (Answer: B)
A. True B. False

Comments:

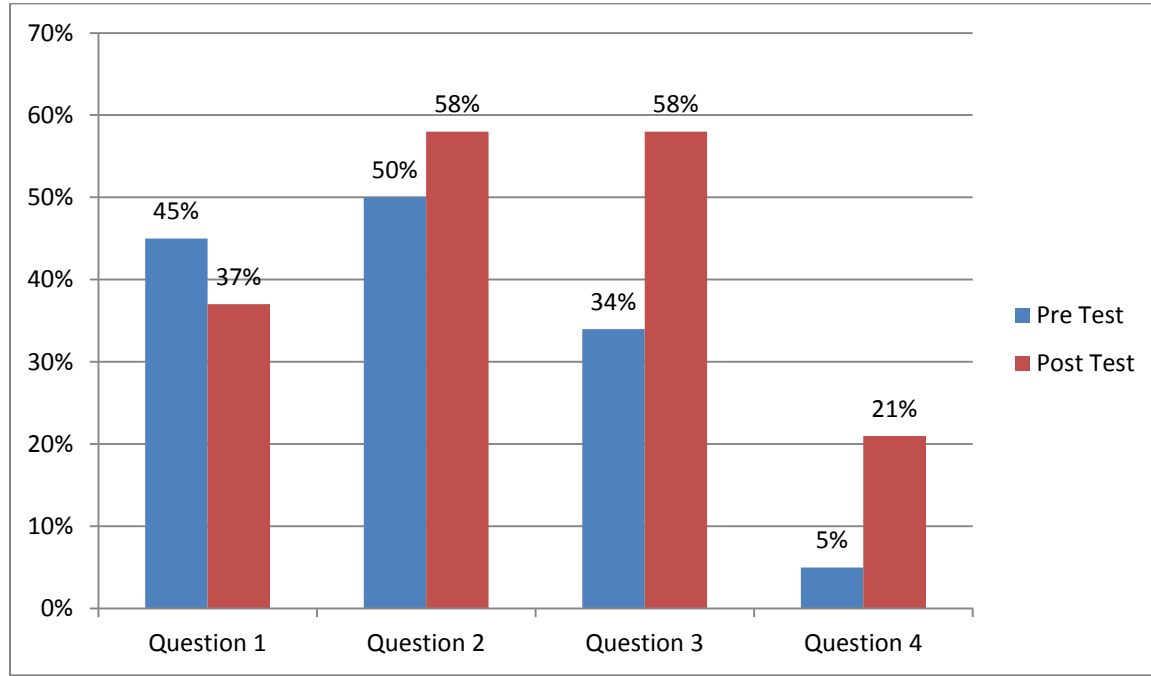
- Great presentation guys! Thank you!
- Great presentation
- This presentation should be in every caring for self class if it isn't. It was very informative, fun + entertaining.
- My body hurts – Need a massage
- Wish every class had that little presentation at least once
- This is worth one nutrition class.

There's An App for That: Technology and Weight Loss

[Percent reported is percent correct for each question]

Oct. 16, 2012

N=19



Questions:

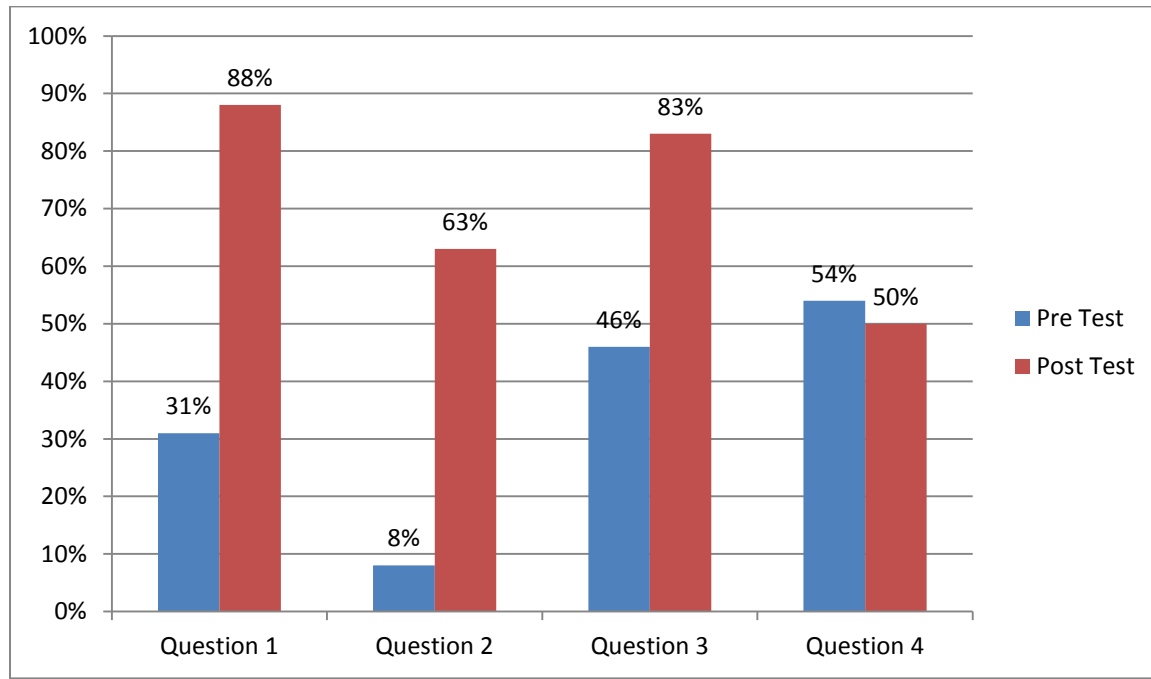
1. Which app allows you to track your nutrition and exercises daily? (answer: B)
A. Fitorcracy B. My Fitness Pal C. Fooducate D. All of the Above
2. Which BMI is considered a 'healthy weight'? (Answer: B)
A. 18 B. 23 C. 26 D. 31
3. The food pyramid has the most current nutrition recommendations from the USDA. (Answer: B)
A. True B. False
4. Three-fourths of US adults are overweight or obese. (Answer: B)
A. True B. False

Mindful Holiday Eating

[Percent reported is percent correct for each question]

Nov. 14, 2012

N=13



Questions:

1. What serving does a hockey puck represent? (answer: D)
A. 1 oz B. 5 oz C. 6 oz. D. 3 oz.
2. Which percent of adults in America are obese? (Answer: B)
A. 18 B. 30 C. 70 D. 45
3. There are 340 calories in a 6oz serving of dark meat turkey. (Answer: B)
A. True B. False
4. Turkey and ham both contain Vitamin K. (Answer: B)
A. True B. False