

# Livingston Manor Garden Program: Student Survey

Please answer honestly. This survey helps us understand how the garden program affects health and well-being.

Name (optional): \_\_\_\_\_

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

Grade: \_\_\_\_\_

## 1. How much do you agree with these statements?

(Circle one for each statement: 1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree)

I enjoy eating fruits and vegetables. 1 2 3 4 5

I know how to grow my own food. 1 2 3 4 5

I feel healthier when I eat fresh foods. 1 2 3 4 5

I am interested in learning about plants and gardening. 1 2 3 4 5

I feel happier after spending time outside in the garden. 1 2 3 4 5

I am more likely to try new foods after working in the garden. 1 2 3 4 5

I feel proud of helping grow food for my school or family. 1 2 3 4 5

I think gardening is good for my physical health. 1 2 3 4 5

I think gardening is good for my mental health (mood, stress, etc.). 1 2 3 4 5

I am more active (move my body more) because of the garden program. 1 2 3 4 5

## 2. What is one thing you hope to learn or experience in the garden program?

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## 3. What is one thing you learned or experienced in the garden program? (post only)

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## 4. Would you recommend the garden program to other students?

## **Livingston Manor Garden Program: Student Survey**

Yes  No  Not sure

### **5. Any other comments or suggestions?**

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