Rate A Full Plate

Quality of Presentation:

1 2 3 4 5
poor            excellent

After this lesson, how often will you consider having a full plate with favorite foods but with larger portions of vegetables compared to high fat or high sugar items?

1 2 3 4 5
never            always

Before this lesson, how often did you consider having a full plate with favorite foods but with larger portions of vegetables compared to high fat or high sugar items?

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never            always

As a result of this lesson, I will _____________________

________________________________________________

________________________________________________

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