



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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As a result of this lesson, I will _____



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