

Exploring MyPyramid with Professor Popcorn
September 2006
Training Evaluation

Please tell us about you:

Name: _____ **Date:** _____

County: _____

Extension staff position (check one):

- Extension Educator
- Program Assistant
- EFNEP
- FNP

Area (check one):

- CFS
- 4H
- CFS and 4H
- Other

Number of years in Extension (check one):

- less than 2 years
- 2-5 years
- 6-10 years
- more than 10 years

Versions of Professor Popcorn you have used (check all that apply):

- 1993 (aqua notebook)
- 2002 (CD with Food Guide Pyramid)
- 2005 interim or 2006 pilot versions

Please rate your level of confidence for each statement that follows. Circle the number that indicates the amount of confidence that you have after completing the training.

1. State the food groups and recommended amounts according to MyPyramid.
not confident 0 1 2 3 4 5 very confident

2. Place a variety of foods in the correct food group on MyPyramid.
not confident 0 1 2 3 4 5 very confident

3. Explain how to place a variety of foods in the correct food group according to the MyPyramid.
not confident 0 1 2 3 4 5 very confident

4. Explain the difference between whole grain and refined grains.
not confident 0 1 2 3 4 5 very confident

5. Determine if a food is whole grain.
not confident 0 1 2 3 4 5 very confident

6. Explain the five subcategories of vegetables.
not confident 0 1 2 3 4 5 very confident
7. Explain when a food would be classified at the top or bottom of MyPyramid.
not confident 0 1 2 3 4 5 very confident
8. Explain the importance of physical activity to health.
not confident 0 1 2 3 4 5 very confident
9. Explain the difference between MyPyramid and MyPyramid for Kids.
not confident 0 1 2 3 4 5 very confident
10. Explain how to use ingredient labels and the Nutrition Facts label.
not confident 0 1 2 3 4 5 very confident
11. Explain why oils are included in MyPyramid but are not a food group.
not confident 0 1 2 3 4 5 very confident
12. Explain discretionary calories briefly, if asked.
not confident 0 1 2 3 4 5 very confident
13. Explain the four Fight Bac! concepts.
not confident 0 1 2 3 4 5 very confident
14. Explain concepts of healthy eating, food safety and physical activity appropriately for the age level of youth in the program.
not confident 0 1 2 3 4 5 very confident
15. What did you learn as a result of today's training that can be useful in your work?
16. What are your plans for use of the materials described during today's training?
17. What comments or suggestions related to the training or curriculum might you have?