

# Evaluation

*Thank you for taking the time to personally evaluate the performance of our program. We appreciate your feedback. Please circle one answer for each of the following statements.*

1. The program increased my knowledge of how healthier food choices can help control diabetes: *Agree or Disagree*
  
2. The program showed basic cooking techniques to improve the healthiness of the traditionally prepared meals. *Agree or Disagree*
  
3. The program increased my ability to prepare more healthful meals. *Agree or Disagree*
  
4. The program encouraged me to healthfully modify some of my existing recipes.  
*Agree or Disagree*
  
5. On a scale of 1-5, rate the following statement: overall, the program was informative and worthwhile.  
*1 strongly agree*  
*2 agree*  
*3 neither agree or disagree*  
*4 disagree*  
*5 strongly disagree*
  
6. Any additional comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_