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3. Please circle the number that best represents ~~your~~ **current** knowledge of the topic below:

	Low Knowledge		Medium Knowledge		High Knowledge	Not applicable
The nutritional benefits of making your own soups and stews	1	2	3	4	5	6
The different cooking methods and flavors of soups and stews around the world	1	2	3	4	5	6

4. Please circle the number that best represents ~~your~~ **current** confidence that you can do the following:

	Not at all confident		Somewhat confident		Very Confident	Not applicable
Prepare a low-sodium, nutrient-rich soup or stew	1	2	3	4	5	6



Soups and Stews

Participant POST Survey

Please answer the questions below after you complete the Soups and Stews experience.

1. What is your name? _____
2. After participating in the Soups and Stews experience, please circle the number below that best represents your current knowledge of the topic below:

	Low Knowledge		Medium Knowledge		High Knowledge	Not applicable
The nutritional benefits of making your own soups and stews	1	2	3	4	5	6