

Evaluation tool for a Food Literacy/Skills Program

Based on the Food Literacy Model, the following resource can be used to help teachers and trainers evaluate the success of their community or school food programs.

Table 3. Sample Questions: Pre- and Post- evaluation of a food program

Your responses to the questions below will help your teacher understand your learning achievements in the food program you have completed. Your responses will help your teacher continue to develop a relevant food skills program at our school.

Please answer honestly and add comments if you would like.

Sample Biographical questions

I am in Year _____

This year, I have completed a food program for : 1 term (8 weeks) / 1 semester (16 weeks) /1 year (32 weeks)

Think about each of the following statements and rate your response from Strongly Agree to Neutral to Strongly Disagree by putting a V in the box

Sample Food literacy questions

Part A (Basic)		Now that I have completed this program...	Strongly Agree	Neutral	Strongly Disagree
Question 1	I have a better understanding of what fruits and vegetables are in season and how to prepare and cook them				
Question 2	I am more likely to try a new food				
Question 3	I have a better understanding of what fruits and vegetables are in season and how to prepare and cook them				
Question 4	I have more confidence to prepare and cook new and familiar recipes				
Question 5	I have a better understanding of where fresh food comes from and how I can buy it				
Question 6	I have a better understanding of the food I need to eat to keep me healthy				
Question 7	I have a better understanding of how I can make food look and taste better.				
Question 8	I have a better understanding of judging how much food to make to avoid food waste.				
Part B Intermediate		Now that I have completed this program...	Strongly Agree	Neutral	Strongly Disagree
Question 9	I have a better understanding of why I choose to eat particular foods.				
Question 10	I have a better understanding of why my family chooses to eat particular foods.				
Question 11	I have a better understanding of how the media (television, print and Internet) influences people's food choices				
Question 12	I feel more confident that I can contribute to the way my family decides what to eat				
Question 13	I feel more confident that I can buy sufficient food that satisfies my family's appetite without food wastage.				
Question 14	I feel more confident that I prepare and cook a healthy meal for my family.				
Part C (Advanced)		Now that I have completed this program...	Strongly Agree	Neutral	Strongly Disagree
Question 15	I can justify my decisions for eating the foods I do				
Question 16	I am more aware of safety precautions, heat control and food hygiene during food preparation.				

Question 17	I feel more competent in integrating tasks in order to finish work efficiently within time limit.			
Question 18	I have more confidence in judging the information about food presented in the media (television, print and Internet)			
Question 19	I have more confidence in making ethical decisions about the foods I eat			
Question 20	I can identify factors that might influence why people in different countries eat different foods to me			
Question 21	I feel that I could present a case for an ethical decision about food (for example, banning caged eggs or eating one meatless meal a week)			
Question 22	I have the skills to evaluate my own and other's eating, shopping and sustainability practices (for example, acting on food conservation measures to prevent food wastage)			