



Student Pre & Post Assessment | Beets

Introduction

These student pre- and post-surveys assess students' knowledge and attitude toward the Harvest of the Month food.

Participating in the assessment will be voluntary. Participation or non-participation will not affect the student's grade or class standing. Be sure to inform students verbally or in writing that participation in the assessment is optional. Each school follows district, local, state, and federal requirements and procedures related to COVID-19. The research team supports the practices each school follows and does not expect any deviation from those established protocols.

The survey is appropriate for students in grades 3-12.

Instructions

To use:

- 1) We have provided 50 copies of the pre-survey and 50 copies of the post-survey. Note that the pre-surveys are marked in the corner as "PRE" and are on green paper and the post-surveys are marked as "POST" and are on pink paper.
- 2) Administer the **pre-surveys** (green paper) to at least 40 students who will be participating in the education activity *before* the education activity has been conducted or any promotion of the food has been done.
 - Keep track of which students took the pre-survey since the same students will need to take the post-survey. Do not write student names on the surveys. Keep track of the list of students in a separate location.
 - Instruct the students to write their grade and teacher's name in the fields as indicated on the survey. Students should **not** write their own name anywhere on the survey.
 - Instruct the students to circle the best response for question #1. Instruct the students that #2 should be answered honestly and that there is no correct answer.
 - Feel free to read aloud or assist students who need help taking the survey, but do not prompt or suggest answers.
- 3) Administer the **post-surveys** (pink paper) within one week *after* the educational activity featuring the assigned HOM food has been completed, the appropriate HOM video shown, and the assigned recipe served in a school meal.
 - Follow the bullet points listed above in step 2.
 - The post-survey should only be taken by students who completed the pre-survey.
- 4) When both the pre- and post-surveys are completed, the individual administering the surveys should complete the survey Coversheet.
- 5) Return completed Coversheet and the completed Pre- and Post-Surveys to:

Aubree Roth
Montana Team Nutrition Program
PO Box 173370
Bozeman MT 59717-3370

Or scan and send by email:
aubree.roth@montana.edu

NOTE: If mailing the surveys, please take copies of the surveys in advance of mailing AND get a tracking number. Surveys cannot be retaken.

Coversheet

Return completed Coversheet and the completed Pre- and Post-Surveys to:

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If you have questions, please contact: Aubree Roth, aubree.roth@montana.edu, (406) 994-5996

Pre-Survey

Date:

Person(s) Administering Pre-Surveys:

School Name:

Grade Level(s):

Number of Completed Pre-Surveys:

Post-Survey

Date:

Person(s) Administering Post-Surveys:

School Name:

Grade Level(s):

Number of Completed Post-Surveys:



Grade:

Teacher's Name:

Please answer the following questions as best as you can. Circle only one answer for each question.

1. Bison is a good source of which nutrient.
 - a. protein
 - b. fat
 - c. carbohydrate
 - d. water

2. What do you think about bison?
 - a. Never tried bison
 - b. Have tried bison and don't like it
 - c. Like bison
 - d. Love bison

PRE

Grade:

Teacher's Name:



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POST

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POST

Grade:

Teacher's Name:

Please answer the following questions as best as you can. Circle only one answer for each question.

1. Besides the roots, which other part of a beet plant do we eat?
 - a. Leaves
 - b. Seeds
 - c. Flowers
 - d. Fruits

2. What do you think about beets?
 - a. Never tried beets
 - b. Have tried beets and don't like them
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POST

Grade:

Teacher's Name:

Please answer the following questions as best as you can. Circle only one answer for each question.

1. Cherries are a good source of which nutrient:
 - a. Vitamin K
 - b. Protein
 - c. Vitamin D
 - d. Vitamin C

2. What do you think about cherries?
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POST



Grade:

Teacher's Name:

Please answer the following questions as best as you can. Circle only one answer for each question.

1. Whole grains are a good source of fiber. What does fiber help our bodies do:
 - a. Build strong bones
 - b. Keep digestive systems healthy
 - c. Sleep

2. What do you think about whole grains?
 - a. Never tried whole grains
 - b. Have tried whole grains and don't like them
 - c. Like whole grains
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POST



Grade:

Teacher's Name:

Please answer the following questions as best as you can. Circle only one answer for each question.

1. Lentils are a good source of fiber.
 - a. True
 - b. False

2. What do you think about lentils?
 - a. Never tried lentils
 - b. Have tried lentils and don't like them
 - c. Like lentils
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