

Participant Survey



County / District Level

We are interested in knowing what you learned from preparing for and participating in the 4-H Food Showdown project.

1. Please read each sentence and mark the box in the column that best matches how much you knew **BEFORE** the project.
2. Read the sentence again and mark the box in the column that best matches how much you know **AFTER** the project.

	BEFORE Participating in the County / District 4-H Food Showdown			AFTER Participating in the State 4-H Food Showdown		
	A great deal	Some	None	A great deal	Some	None
1. Describe your knowledge of MyPlate:						
• Food group categories						
• Number of servings needed daily from each category						
• How to find information about MyPlate						
2. Describe your level of food preparation and safety skills:	Highly skilled	Some skills	No skills	Highly skilled	Some skills	No skills
• Safe use of knives						
• Safe use of electric cooking equipment						
• Keeping foods at save temperature						
• Measure dry ingredients						
• Measure liquid ingredients						
• Prevent cross-contamination of raw and cooked foods						
3. Describe your ability to:	Highly skilled	Some skills	No skills	Highly skilled	Some skills	No skills
• Figure out the number of servings in a dish						
• Figure out how much it costs to prepare a recipe						

Please turn the page over to answer the next question.

4. When should you wash your hands? Check all that are correct.

- After using the restroom
- Before handling raw foods
- After touching your nose, mouth, hair, and skin.
- Before handling food
- After handling dirty utensils, objects, or equipment
- After eating or drinking
- After handling garbage or dirty plates
- After playing with a pet

Thank you for completing the survey.