



## Feeding without the Fuss Evaluation

*In an effort to improve future programming, please complete this evaluation and return it to the instructor before you leave. Thank you!*

|  | Before this program,<br>my knowledge about this topic was ... |   |   |      |   | After this program,<br>my knowledge about this topic was ... |   |   |      |   |
|--|---|---|---|------|---|--|---|---|------|---|
|  | Low   |   |   | High |   | Low  |   |   | High |   |
| "Division of Responsibility" in feeding children   | 1   | 2 | 3 | 4    | 5 | 1  | 2 | 3 | 4    | 5 |
| Not offering food as a reward  | 1   | 2 | 3 | 4    | 5 | 1  | 2 | 3 | 4    | 5 |
| Serving family-style meals   | 1   | 2 | 3 | 4    | 5 | 1  | 2 | 3 | 4    | 5 |
| Avoiding using phrases that encourage children to eat for reasons other than hunger and fullness | 1   | 2 | 3 | 4    | 5 | 1  | 2 | 3 | 4    | 5 |
| Allowing children to decide what foods they will select and how much to eat                      | 1   | 2 | 3 | 4    | 5 | 1  | 2 | 3 | 4    | 5 |

As a result of this training, I plan to .....

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The most important thing I learned today is:

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Comments:

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