

Healthy Eating in the Workplace Participant Pre Skill Building Evaluation Worksheet

This is an anonymous survey. Please do not identify yourself.

The *Healthy Eating in the Workplace Guide* is a resource that is meant to assist government employees, members of healthy workplace (HWP) committees and/or health professionals who are interested in making healthy eating a part of their workplace. The topics included in the **Skill Building** section are:

- Setting and Achieving Healthy Eating Goals
- Trying and Preparing Healthy Foods
- Achieving and Maintaining a Healthy Body Weight
- Physical Activity and Healthy Eating
- Grocery Shopping and Meal Planning

This evaluation sheet is meant to gather some data about participant's knowledge of the following skills before any activities from this section are implemented. Please rate your responses by circling one of the numbers on a scale of 1-5 (Low: 1, High: 5):

1 I set goals for healthy eating
(for example, I try to eat 5 to 10 servings of fruits and vegetables a day).

1 2 3 4 5
Never Sometimes Always

2 I try new healthy foods (for example, ethnic dishes, different fruits, and vegetables).

1 2 3 4 5
Never Sometimes Always

3 I often try to prepare healthy food
(for example, I try to reduce the amount of fat and/or salt in an original recipe).

1 2 3 4 5
Never Sometimes Always

4 I incorporate physical activity into my daily routine
(for example, I climb stairs, go for a walk during the lunch hour).

1 2 3 4 5
Never Sometimes Always

5 I am a skilled healthy food shopper and meal planner
(for example, I read labels and choose leaner meat and low-fat milk products).

1 2 3 4 5
Never Sometimes Always

6 I use *Canada's Food Guide* when planning meals and snacks. Yes / No

7 I currently learn about healthy eating programs/initiatives/habits by

Thank you for your participation.