

Healthy Eating in the Workplace Participant Post Skill Building Evaluation Worksheet

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

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 were:

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

This evaluation sheet is meant to gather some data about participants' knowledge once some of the above topics and related activities have been covered. Please list the activities that were implemented in your department for Skill Building:

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 have reviewed *Eating Well with Canada's Food Guide*. Yes / No

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

Thank you for your participation.