



**Become a Sharper Chef**  
**Participant PRE-Survey**

Please answer the questions below **before** you complete *Become a Sharper Chef* experience.

1. What is your name? \_\_\_\_\_

2. What is today's date? \_\_\_/\_\_\_/\_\_\_\_  
MM DD Y Y Y Y

3. Which of the following is a cutting technique? Please **circle** the **one best** answer.

- a. Chop
- b. Dice
- c. Mince
- d. Julienne
- e. All of the above

4. Which of the following **should you do** when using a kitchen knife? Please **circle** the **one best** answer.

- a. Use a dull kitchen knife
- b. Watch TV while using a kitchen knife
- c. Always have my parent or guardian present while using a kitchen knife
- d. Run across the room while using a kitchen knife

5. Please **circle the option** that best describes **if you think you can do** each listed activity:

a. <b>Safely and correctly</b> hold a kitchen knife	No way I can do this!	I might be able do this	I can probably do this	I can definitely do this!
b. <b>Safely and correctly</b> use a kitchen knife to prepare different ingredients for a snack or meal	No way I can do this!	I might be able do this	I can probably do this	I can definitely do this!

## Become a Sharper Chef

### Participant POST-Survey

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a. <b>Safely and correctly</b> hold a kitchen knife	No way I can do this!	I might be able to do this	I can probably do this	I can definitely do this!
b. <b>Safely and correctly</b> use a kitchen knife to prepare different ingredients for a snack or meal	No way I can do this!	I might be able to do this	I can probably do this	I can definitely do this!

6. Please **circle** the option that best describes what you thought of today's educational experience.



Awful  
1



Not very good  
2



Okay  
3



Really good  
4



Fantastic  
5