



**Whole-Grain Hacks**

**Participant PRE-Survey**

Please answer the questions below **before** you complete the *Whole-Grain Hacks* experience.

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

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

3. Please circle the number that best represents your **current knowledge** of the topic below:

	Low Knowledge	2	Medium Knowledge	4	High Knowledge	Not applicable
The difference between a whole grain and a refined grain	1	2	3	4	5	6
The daily recommended servings of whole grains	1	2	3	4	5	6
Two different types of high-fiber whole grains	1	2	3	4	5	6

4. Please circle the number that best represents your **current confidence** that you can do the following:

	Not at all confident	2	Somewhat confident	4	Very Confident	Not applicable
Prepare two different types of whole grains	1	2	3	4	5	6
Swap refined grains for whole grains in your favorite recipes	1	2	3	4	5	6



**Whole-Grain Hacks**

**Participant POST-Survey**

Please answer the questions below **after** you complete the *Whole-Grain Hacks* experience.

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

2. After participating in the *Whole-Grain Hacks* experience, please circle the number below that best represents your **current knowledge** of the topic below:

	Low Knowledge	Medium Knowledge	High Knowledge	Not applicable		
The difference between a whole grain and a refined grain	1	2	3	4	5	6
The daily recommended servings of whole grains	1	2	3	4	5	6
Two different types of high-fiber whole grains	1	2	3	4	5	6

3. Please circle the number that best represents your **current confidence** that you can do the following:

	Not at all confident	Somewhat confident	Very Confident	Not applicable		
Prepare two different types of whole grains	1	2	3	4	5	6
Swap refined grains for whole grains in your favorite recipes	1	2	3	4	5	6

4. Please rate the **quality of your overall experience** with *Whole-Grain Hacks*. Circle your choice below.

Poor	Below Average	Average	Above Average	Excellent	Undecided
1	2	3	4	5	6

5. How likely are you to **recommend** the *Whole-Grain Hacks* experience to a friend, family member, or co-worker? Circle your choice below.

Extremely unlikely	Unlikely	Neutral	Likely	Extremely likely	Undecided
1	2	3	4	5	6