



### *Pick a Protein*

Please answer the questions below *before* you complete the *Pick a Protein* experience.

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

2. What is today's date? \_\_/\_\_/----



*Pick a Protein*

Please answer the questions below *after* you complete the *Pick a Protein* experience.

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

2. Please circle the number that best represents your \_\_\_\_\_ of the topic below:

	Low		Medium		High	Not applicable
The health benefits of eating meatless meals	1	2	3	4	5	6
Healthy portion sizes of foods high in protein	1	2	3	4	5	6

3. After participating in the *Pick a Protein* experience, please circle the number below that best represents your \_\_\_\_\_ that you can do the following:

	Not at all confident		Somewhat confident		Very Confident	Not applicable
Identify healthy foods that are high in protein	1	2	3	4	5	6
Incorporate meatless meals in your eating plan	1	2	3	4	5	6
Prepare a meatless meal that is high in protein	1	2	3	4	5	6

4. Please rate the \_\_\_\_\_ with the *Pick a Protein*. Circle your choice below.

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

5. How likely are you to \_\_\_\_\_ the *Pick a Protein* 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