



## ***Power of Plant-Based Eating***

### **Participant PRE-Survey**

Please answer the questions below **before** you complete the *Power of Plant-Based Eating* 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

Medium



**Power of Plant-Based Eating**

**Participant POST-Survey**

Please answer the questions below **after** you complete the *Power of Plant-Based Eating* experience.

1. What is your name? \_\_\_\_\_
2. After participating in the *Power of Plant-Based Eating* experience, please circle the number below that best represents your **current knowledge** of the topic below:

	Low		Medium		High	Not applicable
The health benefits of eating nutritious, plant-based meals	1	2	3	4	5	6
Plant-based foods that are high in protein	1	2	3	4	5	6

3. Please circle the number that best represents your own...