



World of Spices
Participant PRE-Survey

Please answer the questions below *before* you complete the 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		High	Not applicable
Five different spices that you can use instead of salt						
spices to flavor foods	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		Somewhat confident		Very Confident	Not applicable
Make your own sodium-free spice blend	1	2	3	4	5	6
Store spices properly to maintain their flavor	1	2	3	4	5	6
Use a sodium-free spice blend when cooking	1	2	3	4	5	6



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Please answer the questions below *after*