

***Session 4: Eat in a Healthy Way –Even When Time or Money Is Tight; Welcome Heart Healthy Eating into Your Home; Enjoy Living Smoke Free***

☐ Pretest Assessment      ☐ Posttest Assessment

**Date:** \_\_/\_\_/\_\_\_\_

**Participant UID** \_ \_ \_

**Mark your answers with an X.**

1. Does buying fruits and vegetables that are in season help you save money?
  - a. YES
  - b. NO
  - c. Don't Know
2. Is skipping meals a healthy thing to do?
  - a. YES
  - b. NO
  - c. Don't Know
3. Can having a menu help plan healthy meals?
  - a. YES
  - b. NO
  - c. Don't Know
4. Can advertising influence what foods you buy?
  - a. YES
  - b. NO
  - c. Don't Know
5. Do buffet and “all-you-can-eat” style restaurants encourage you to eat larger portions?
  - a. YES
  - b. NO
  - c. Don't Know
6. Is a shopping list one way to save time and money at the grocery store?
  - a. YES
  - b. NO
  - c. Don't Know
7. What can you do to save time in meal preparation? (Please circle all that apply)
  - a. Prepare a heart healthy meal in advance
  - b. Eat leftovers for lunch
  - c. Cook several dishes at one time and freeze parts of them to eat later
8. Is eating a variety of heart healthy foods good for your health?
  - a. YES
  - b. NO
  - c. Don't Know

9. Are pies, cakes, sodas, and chips high-calorie foods with low nutritional value?
- YES
  - NO
  - Don't Know
10. Can letting your child help you prepare meals help him/her develop health eating habits?
- YES
  - NO
  - Don't Know
11. What is one serving of a cooked vegetable?
- ½ cup
  - 1 cup
  - 1 ½ cup
  - 2 cups
12. What should be a healthy choice?
- Grilled chicken
  - French fries
  - Cheeseburger
  - None of the above
13. What are actions you can take to eat healthier? (Please circle all that apply)
- Choose lean cuts of meat
  - Bake, broil or grill rather than frying
  - Eat smaller portion sizes
14. Look at the menu below and circle the heart healthy choices.
- Breakfast choices:**
- |                            |    |                           |
|----------------------------|----|---------------------------|
| Hard boiled egg            | or | fried egg                 |
| Sausage                    | or | lean turkey sausage       |
| Butter                     | or | low fat tub margarine     |
| One orange                 | or | orange juice, ½ cup       |
| Coffee with condensed milk | or | coffee with fat free milk |
15. Look at the menu below and circle the heart healthy options.
- Lunch choices:**
- |                                       |    |   |
|---------------------------------------|----|---|
| Grilled chicken sandwich with mustard | or | large Hamburger with regular mayonnaise     |
| Super-size French fries               | or | side salad with low calorie salad dressing  |
| Water                                 | or | diet soft drink or large regular soft drink |
16. Does cigarette smoking put you, your children and friends' health at risk?
- YES
  - NO
  - Don't Know

17. Is a baby's health affected when a pregnant women smokes?
- YES
  - NO
  - Don't Know
18. Is secondhand smoke the smoke that you breathe in from someone else's cigarette?
- YES
  - NO
  - Don't Know
19. Cigarette smoking can cause... (Please circle all that apply)
- Heart attack and stroke
  - Asthma attacks
  - Cancer
20. What is the powerful drug found in cigarettes and other tobacco products?
- Caffeine
  - Menthol
  - Nicotine
  - Tobacco
21. What are the benefits of quitting smoking? (Please circle all that apply)
- Living longer
  - Lowering your chances of having a heart attack
  - Pregnant women improving their chances of having a healthy baby
22. What are some tips that can help a person to quit smoking? (Please circle all that apply)
- Set a quit date
  - Line up support
  - Finds ways to relax
23. How **confident** are you that you can eat in a healthy way even when time or money is tight?
- I am not confident
  - I am somewhat confident
  - I am confident
  - I am very confident
24. Indicate how **ready** you are to prepare quick heart healthy meals on a tight budget:
- I have not thought about preparing quick heart healthy meals on a tight budget
  - I plan to change in the next six months
  - I plan to change this month
  - I recently started preparing quick heart healthy meals on a tight budget (less than 6 months)
  - I am already preparing quick heart health meals on a tight budget (six months or more)
25. How **confident** are you that you can eat healthier foods?
- I am not confident
  - I am somewhat confident
  - I am confident
  - I am very confident

26. Indicate how **ready** you are to prepare heart healthy meals with your family:
- a. I have not thought about preparing heart healthy meals with my family
  - b. I plan to change in the next six months
  - c. I plan to change this month
  - d. I recently started preparing heart healthy meals with my family (less than 6 months)
  - e. I am already preparing heart healthy meals with my family (six months or more)
27. How **confident** are you that you can live smoke free?
- a. I am not confident
  - b. I am somewhat confident
  - c. I am confident
  - d. I am very confident
28. Indicate how **ready** you are to quit smoking or to live smoke free:
- a. I have not thought about quitting or living smoke free
  - b. I plan to quit or to live smoke free in the next six months
  - c. I plan to quit or to live smoke free this month
  - d. I recently started doing things to quit or live smoke free (less than 6 months)
  - e. I am already doing things to quit or live smoke free (six months or more)

## POST TEST ONLY

29. The objective of the session was clear to me.
- a. YES
  - b. NO
  - c. Don't Know
30. The trainers were well prepared.
- a. YES
  - b. NO
  - c. Don't Know
31. The class was a good way for me to learn the information.
- a. YES
  - b. NO
  - c. Don't Know
32. How **confident** do you feel that you can share the information you learned with relatives and friends?
- a. I am not confident
  - b. I am somewhat confident
  - c. I am confident
  - d. I am very confident

**Thank you!**