



Years 3-6 Evaluation Sheet

Tell me about the things you enjoy when participating in KITK.

Making healthy foods-2, Eating yummy food-7, cooking with friends-8, fun-4, cooking new foods-2.

Since starting the KITK program, list ways it has changed your lifestyle and healthy eating habits.

How to cook-3, eating healthier foods-7, no change-4.

Would you like to name any other healthy recipes we could make?

Burgers, sorbet, Asian salad, smoothness, desserts, pizza, pasta, sushi, vegetarian.

