



Year 3-6 Evaluation Sheet

List the new foods you have tried in this recipe.

Garlic bread -3 Cheese sauce-3 Gnocchi-7 No new food-9

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

Cutting up vegies, making garlic bread, being able to cook, trying new food, working in a group, cooking with mum, eating with friends.

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

Being healthier, helping mum cook, knowing how to cook when I grow up, wanting to try new foods.

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

Quiche, fruit salad, apple crumble, milk shake, pasta, banana bread, vegie burger, scrambled eggs, potato salad, chicken soup.

