

## Years 3-6 Evaluation Sheet

**List the new foods you have tried in this recipe .**

Gnocchi-19    Garlic bread-16    Cheese sauce-13

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

Using the ricer-13, rolling the gnocchi-2i, chopping-13, cooking-14, cooking with friends-17, cooking with parents-12, eating-8, washing up-2.

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

Helping to cook at home-16, eating healthier-1

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

Fruit salad, butter chicken, fruit drink, tomato soup, chicken chow mien, sushi, Ravioli, stir fry.

