



# EVALUATION

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Thank you for being a part of this ENAFS lesson. We hope you enjoyed yourself! Please help us do a better job of serving you by completing this evaluation.

1. How much did you learn from this lesson? Please check only one:

- Very little
- Some
- A lot

2. Do you plan on making any changes as a result of participating in this lesson?

- Yes
- No

3. If you answered “yes,” please tell us what you plan to do. Check all that apply!

- I plan to mooove from whole milk to 2% milk or 1% milk.
- I plan to mooove from 2% milk to 1% or fat free milk.
- I plan to try lactose-reduced milk.
- I plan to share information I learned today with a family member or friend.
- I plan to \_\_\_\_\_

4. Comments:

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Thank you for completing this form. We look forward to seeing you at our other ENAFS programs!

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ENAFS Healthy Living Program  
Module 5: Healthy Eating for Elders  
Lesson 4: Mooove to Lowfat or Fat Free Milk