

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 in the foods you eat or drink 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!
  - Move from whole milk to 2% milk or 1% milk.
  - Move from 2% milk to 1% or fat free milk
  - Try lactose-reduced milk.
  - I plan to do something else. (Please describe.)  
\_\_\_\_\_  
\_\_\_\_\_
  - I plan to share information I learned today with a family member or friend.
  
4. Comments:  
\_\_\_\_\_  
\_\_\_\_\_

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