**Whole-Grain Hacks**

**Participant PRE-Survey**

Please answer the questions below before you complete the Whole-Grain Hacks experience.

1. What is your name? __________________________

2. What is today’s date? _ _ / _ _ / _ _ _ _
   
   MM  DD  YYYY

3. Please circle the number that best represents your current knowledge of the topic below:

<table>
<thead>
<tr>
<th>Low Knowledge</th>
<th>Medium Knowledge</th>
<th>High Knowledge</th>
<th>Not applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td>The difference between a whole grain and a refined grain</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>The daily recommended servings of whole grains</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Two different types of high-fiber whole grains</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

4. Please circle the number that best represents your current confidence that you can do the following:

<table>
<thead>
<tr>
<th>Not at all confident</th>
<th>Somewhat confident</th>
<th>Very Confident</th>
<th>Not applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prepare two different types of whole grains</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Swap refined grains for whole grains in your favorite recipes</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>
Whole-Grain Hacks
Participant POST-Survey

Please answer the questions below after you complete the Whole-Grain Hacks experience.

1. What is your name? __________________________

2. After participating in the Whole-Grain Hacks experience, please circle the number below that best represents your current knowledge of the topic below:

<table>
<thead>
<tr>
<th></th>
<th>Low Knowledge</th>
<th>Medium Knowledge</th>
<th>High Knowledge</th>
<th>Not applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td>The difference between a whole grain and a refined grain</td>
<td>1 2 3 4 5 6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The daily recommended servings of whole grains</td>
<td>1 2 3 4 5 6</td>
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<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

4. Please rate the quality of your overall experience with Whole-Grain Hacks. Circle your choice below.

<table>
<thead>
<tr>
<th>Poor</th>
<th>Below Average</th>
<th>Average</th>
<th>Above Average</th>
<th>Excellent</th>
<th>Undecided</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>

5. How likely are you to recommend the Whole-Grain Hacks experience to a friend, family member, or co-worker? Circle your choice below.

<table>
<thead>
<tr>
<th>Extremely unlikely</th>
<th>Unlikely</th>
<th>Neutral</th>
<th>Likely</th>
<th>Extremely likely</th>
<th>Undecided</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
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