Nutrition Building Blocks - What is a Well-Balanced Diet?

1. I am a (check all that apply)
   - Cancer Survivor (specify type: __________________)
   - Relative or caregiver of cancer survivor
   - Lay health worker/promoter
   - Health care provider (specify): __________________
   - Other: __________________

2. My zip code is ________________

3. I have health insurance. Yes No If yes, please list: __________________

4. My age is _________ years

5. My gender is Female Male

6. My ethnicity is
   - Hispanic or Latino
   - Non-Hispanic or Non-Latino

7. My race is (check all that apply)
   - White
   - Black or African American
   - Native American
   - Asian/Pacific Islander
   - Other (specify): __________________

8. My current knowledge/experience with this topic
   - None at all
   - Very little
   - Some
   - A lot

9. After viewing this presentation I learned
   - Nothing new
   - A little bit
   - Some
   - A lot

10. This topic is relevant to my life and/or my practice
    - Strongly agree
    - Agree
    - No opinion/not applicable
    - Disagree
    - Strongly disagree

11. The speaker was prepared and informative
    - Strongly agree
    - Agree
    - No opinion/not applicable
    - Disagree
    - Strongly disagree

12. I would not have been able to attend a lecture on this topic if it had not been available via videoconference/online
    - Strongly agree
    - Agree
    - No opinion/not applicable: I did attend in person
    - Disagree
    - Strongly disagree

13. Additional comments/suggestions:

14. Other topics I would like to learn about include:

15. As a result of viewing this presentation, I will: select all that apply:
    - Obtain medical attention Yes No
    - Share the information with others, Yes No If yes, who: ____________
    - Change the way I take care of my health, Yes No

16. Did you feel there was any bias toward any particular product or company? Yes No

PRESENTATION QUESTIONS

1. What size plate should you use?
   - a. 12 inches
   - b. 9 inches
   - c. 6 inches
   - d. Size doesn’t matter

2. Protein should make up _________ of your plate.
   - a. ½ of your plate.
   - b. ¼ of your plate.
   - c. 1/3 of your plate.
   - d. Size doesn’t matter

3. Which of the following is a non-starchy vegetable?
   - a. Peas
   - b. Corn
   - c. Asparagus
   - d. Potato