How to Avoid the Big 8 Food Allergens
Participant PRE-Survey

Please answer the questions below **before** you complete the **How to Avoid the Big 8 Food Allergens** experience.

1. What is your name? _____

2. What is today's date? _ _ / _ _ / _ _ _ _
                                 MM   DD   Y Y Y Y

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

	Low Knowledge		Medium Knowledge		High Knowledge	Not applicable
The eight most common food allergies and sensitivities	1	2	3	4	5	6
Commons myths about food allergies	1	2	3	4	5	6

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

	Not at all confident	Somewhat confident	Very Confident	Not

How to Avoid the Big 8 Food Allergens
Participant POST Survey

Please answer the questions below **after** you complete the **How to Avoid the Big 8 Food Allergens** experience.

1. What is your name? _____

2. After participating in the **How to Avoid the Big 8 Food Allergens** experience, please circle the number below that best represents your **current knowledge** of the topic below:

	Low Knowledge		Medium Knowledge		High Knowledge	Not applicable
The eight most common food allergies and sensitivities	1	2	3	4	5	6
Commons myths about food allergies	1	2	3	4	5	6

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

	Not at all confident		Somewhat confident		Very Confident	Not applicable
Prepare a weekly grocery list to accommodate one type of common food allergy	1	2	3	4	5	6
Prepare at least one meal that accommodates one type of common food allergy	1	2	3	4	5	6

4. Please rate the **quality of your overall experience** with **How to Avoid the Big 8 Food Allergens** Circle your choice below.

Poor	Below Average	Average	Above Average	Excellent	Undecided
1	2	3	4	5	6

5. How likely are you to **recommend** the **How to Avoid the Big 8 Food Allergens** experience to a friend, family member, or co-worker? Circle your choice below.

Extremely unlikely	Unlikely	Neutral	Likely	Extremely likely	Undecided
1	2	3	4	5	6