

**Children's Vegetable Garden Program  
Bexar County - Youth Evaluation Tool - POST**

Looking for information on future program?

<http://bexar-tx.tamu.edu/>  
<http://www.bexaryouthgardens.com>

**MARKING INSTRUCTIONS**

CORRECT: ● INCORRECT: ☒ ☓ ☐ ☑

Fill in the BEST answer or answers.

Please have your child fill out the evaluation completely. Results are used to determine behavioral changes in nutrition and physical activity during the course of this program.

Name: \_\_\_\_\_

Plot #: \_\_\_\_\_


School: \_\_\_\_\_

Date: \_\_\_\_\_

Grade:     Kindergarten     4th  
               1st                         5th  
               2nd                         6th  
               3rd                         7th or higher

Gender:    Male     Female

2. Have you eaten new vegetables this week?

Yes                          No 

3. When do I wash my hands?  
(Choose the best answer for each picture.)



Before    or    After    You eat . . .



Before    or    After    You work in the garden




                      


Before    or    After    You go to the bathroom



1. What are fast foods? (select all that apply)


Big Mac and fries 


Fish swimming in a stream 


Fruits and vegetables 

Pizza and a pop 

4. A healthy snack choice would be? (select one only)

Apple and a can of pop 

Potato chips and milk 

Fresh salad and glass of water 

**MARKING INSTRUCTIONS**

CORRECT: ● INCORRECT: ✗ ⊗ ☹️

**5. How does gardening make our lives better?**



- a. Fresh Air
- b. Less TV time
- c. Vitamin D
- d. All of the above

**6. From gardening, we learn about...**



- b. Good insects and Bad insects

- a. Plant needs



- c. Water

- d. All of the above

**7. What is a physical activity?  
(Mark all that are physical activities.)**



- Computer



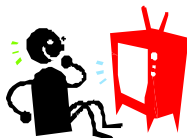
- Walking



- Gardening



- Riding a bike



- Watching TV

**8. How often do I eat vegetables?  
(Select one only)**



- Every day

M	T	W	Th	F	S	Su
✓	✓	✓	✓	✓	✓	✓

- Most days of the week

M	T	W	Th	F	S	Su
✓	✓		✓	✓	✓	

- 1-2 days a week

M	T	W	Th	F	S	Su
✓	✓					

- Never

M	T	W	Th	F	S	Su

**9. Taking care of a garden means you must...**

- a. Prepare your plot



- b. Plant



- c. Chew Gum



- d. A & B

**10. When we garden we learn . . .**



- a. Math



- b. Science



- c. Teamwork

- d. All of the above

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