Please answer the following questions:

1. Which of the following is TRUE?
   a. All children should have the same eating habits
   b. Junk and fast food are never ok
   c. Nutritious foods provide fuel for children’s bodies and brains
   d. When children are hungry, tired or sick, they are more alert and have increased learning

2. How do you promote the well-being of children?
   a. Count food items or talk about food names as you eat
   b. Allow children to play outside for 60 minutes every day regardless of weather
   c. Encourage healthy food choices by talking about “good-for-you” or “bad-for-you” food
   d. A & C only

3. Why is getting enough sleep important for learning?
   a. It prevents a child’s brain from becoming over-simulated
   b. It helps a child gain weight
   c. It helps a child stay mentally and physically healthy
   d. It increases a child’s desire to try new things

4. Did you use any ideas at home that were presented at the last workshop?
   a. Yes
   b. No
   c. N/A. I did not attend

5. Have you attended a bornlearning® Academy Workshop before?
   a. Yes (Please circle the number of prior workshops attended: 1 2 3 )
   b. No (Then please provide the following information about yourself)
PRE-SURVEY (page 2)

[Note: This information will be used for research and reporting purposes only.]

Please tell us about yourself:

Parenting Role:  ☐ Mother  ☐ Father  ☐ Grandparent  ☐ Other Relative  ☐ Other Caregiver

Your Age:  ☐ 20 years and younger  ☐ 21-30 years  ☐ 31-40 years  ☐ 41-50 years  ☐ more than 50 years

Ethnicity:  ☐ White  ☐ African American  ☐ Hispanic  ☐ Asian  ☐ Native American  ☐ Pacific Islander  ☐ Other _______________________

Highest educational level achieved:  ☐ No High School or GED  ☐ Completed High School or GED  ☐ Some College (no degree)  ☐ Completed Undergraduate (Associate or Bachelors)  ☐ Completed Graduate Degree (Masters, PhD, MD, etc.)

Primary Language:  ☐ English  ☐ Spanish  ☐ Other: _______________________

Income level of your household:  ☐ Under $10,000  ☐ $10,000-$20,000  ☐ $20,000-$30,000  ☐ $30,000-$40,000  ☐ Above $40,000

Developmentally, Mentally or Physically Disabled:  ☐ Yes  ☐ No  ☐ Military Service:  ☐ Yes  ☐ No

Do you have children age:  ☐ 0-2  ☐ 3-6  ☐ 7-10  ☐ 11-18  ☐ Expectant Mother

Thank you!
Please answer the following questions:

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   a. Count food items or talk about food names as you eat
   b. Allow children to play outside for 60 minutes every day regardless of weather
   c. Encourage healthy food choices by talking about “good-for-you” or “bad-for-you” food
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   d. When children are hungry, tired or sick, they are more alert and have increased learning

4. **Did you plan on using any ideas at home that were presented today?**
   a. Yes
   b. No
Please answer the following questions:

1. How do you promote the well-being of children?
   a. Count food items or talk about food names as you eat
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   c. Encourage healthy food choices by talking about “good-for-you” or “bad-for-you” food
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4. Did you plan on using any ideas at home that were presented today?
   a. Yes
   b. No
### Pre-Survey Key

1. C  
2. D  
3. C

### Post-Survey Key

1. D  
2. C  
3. C