

County _____

State _____

Date ____/____/____

Pulse Bingo

Participant Post-survey

1. Did you learn something new today?

- a. Yes b. No

2. As a result of this lesson, I plan to:

(Circle all that apply)

- a. Eat more split peas
- b. Eat more lentils
- c. Eat more chickpeas
- d. Try a pulse recipe, such as hummus
- e. Add more pulse foods to my recipes
- f. Drain and rinse canned chickpeas
- g. Read more about pulses
- h. Watch recipe demonstration videos
- i. Visit the NDSU pulse website
- j. Other _____

3. Will you share this information with family and friends?

- a. Yes b. No

4. Please rate your understanding of the information in the lesson (1 = poor; 5 = very good)

- 1 2 3 4 5

5. Please rate how easy the handouts were to read and understand (1 = poor; 5 = very good)

- 1 2 3 4 5

6. How old are you?

- a. Younger than 18
- b. 18 – 25
- c. 26 – 40
- d. 41 – 64
- e. 65 – 75
- f. 85-plus

7. Are you:

- a. Male
- b. Female

8. What other food/nutrition topics are of interest to you?

9. Any comments?
