



World of Spices

Participant PRE-Survey

Please answer the questions below **before** you complete the *World of Spices* experience.

1. What is your name? _____

2. What is today's date? __/__/____
MM DD YYYY

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

	Low		Medium		High	Not applicable
Five different spices that you can use instead of salt	1	2	3	4	5	6
How to use different kinds of spices to flavor foods	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 applicable
Make your own sodium-free spice blend	1	2	3	4	5	6
Store spices properly to maintain their flavor	1	2	3	4	5	6
Use a sodium-free spice blend when cooking	1	2	3	4	5	6



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Participant POST-Survey

Please answer the questions below **after** you complete the *World of Spices* experience.

1. What is your name? _____
2. After participating in the *World of Spices* experience, please circle the number below that best represents your **current knowledge** of the topic below:

	Low		Medium		High	Not applicable
Five different spices that you can use instead of salt	1	2	3	4	5	6
How to use different kinds of spices to flavor foods	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
Make your own sodium-free spice blend	1	2	3	4	5	6
Store spices properly to maintain their flavor	1	2	3	4	5	6
Use a sodium-free spice blend when cooking	1	2	3	4	5	6

4. Please rate the **quality of your overall experience** with *World of Spices*. 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 *World of Spices* 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