

Data Collection Self Study Reflection

Please discuss your responses for each of the below with your Extension Associate for EFNEP

1. What are your thoughts on what you can do to alleviate participant difficulties with completing the personal data section of the form?

2. Why do we place a lot of emphasis on the consumption of BOTH fruits AND vegetables everyday as a part of our EFNEP lessons?

3. My ideas to create a warm and inviting atmosphere for my participants are:

4. What will you say to set the stage for taking a food recall? How will you describe the food recall? What will you say about the purpose and importance of the food recall?

5. After reviewing the handout, *What did you have to eat questions*, what additional open-ended questions could you ask that would give you a more detailed description of foods and beverages consumed?

6. What do you think will help you in getting a detailed description from your participants?

7. What foods would you recommend to the individual in our One Day Food Recall Summary to help them increase their Calcium, Vitamin A, and fiber? Can you think of any additional information you may need to help you make good suggestions regarding calcium?

8. What questions do you still have about the food recall, the use of the food recall kit, the use of open-ended questions in data collection, and how the data is used in program and personal performance evaluation? Write down all your questions here for review with your Extension Associate for EFNEP.



What Did You Eat?

1. How was your food prepared?
2. What was the brand of the food?
3. If you ate any bread, biscuits, or muffins did you put anything on them?
4. Did you put anything on your fruits or vegetables?
5. Did you put anything on the meat you ate?
6. How thick were your slices of meat?
7. How many slices of meat did you eat?
8. If you ate chicken, did you eat the skin?
9. Was the milk you drank whole, 2%, 1%, or skim?
10. If you ate a mixed dish, what foods were the main ingredients?
11. How many tortillas, chips, or crackers, did you eat?
12. Were the foods you ate regular, light, low-fat, or fat-free?

Sedentary Activities



WATCHING TV

TALKING ON THE PHONE



COMPUTER TIME



READING



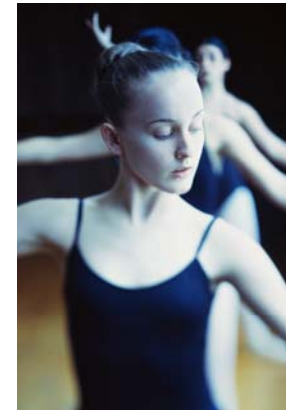
Moderate Activities



LIGHT WEIGHT LIFTING



LIGHT YARD WORK



DANCING



HIKING



WALKING



STRETCHING



Vigorous Activity



JOGGING/RUNNING

HEAVY WEIGHT LIFTING



SWIMMING



SKIING



PLAYING BASKETBALL



PLAYING SOCCER

One Day Food Recall Summary

County: NC107 Lenoir

Family: 1

P00001 - Morris, Teresa

Recall Date: 10/18/06

Entry Recall

Number of previous recalls:

Family Size: 4

Female Age 36

Amount spent on food last month: \$460

Taking nutritional supplements: No

Food Summary

	Your Intake	Recommended Amounts
Fruits (cup)	2 ½	1 ½
Vegetables (cup)	2 ½	2 ½
Grains (oz eq)	5	6
Meat & Beans (oz eq)	5 ½	5
Milk (cup)	1	3



Calories (kcal) 1861 1800

Your Activity Level: Less than 30 min.

Sodium (mg) 4805 < 2300

Nutrient Summary

Nutrient	Your Intake	% RDA	Percent of RDA
Protein	62 g	125%	125%
Iron	20 mg	136%	136%
Calcium	789 mg	79%	79%
Vitamin A	573 RE	72%	72%
Vitamin C	273 mg	455%	455%
Vitamin B6	1.9 mg	118%	118%
Fiber	19 g	93%	93%

Sources of Calories

