**Cooking for a Lifetime: Cancer Prevention**

**GATFACS Winter Conference 2016 - POST**

Today we talked about eating and exercise habits to reduce risk for cancer and improve your health. Please checkmark how likely after the program you are to...

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<tr>
<th></th>
<th>Not at all likely</th>
<th>A little likely</th>
<th>Moderately likely</th>
<th>Very likely</th>
<th>Extremely likely</th>
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<tbody>
<tr>
<td>1. Exercise daily at least 30 minutes.</td>
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<td>2. Control your weight.</td>
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<td>3. Drink 1 drink or less per day if a woman and 2 drinks or less per day if a man.</td>
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<td>4. Use MyPlate to plan meals.</td>
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<td>5. Use the nutrition label to choose foods.</td>
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<td>6. Cut the fat and oil in your recipes.</td>
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<td>7. Keep meat, fish or poultry portions to the size of a deck of cards.</td>
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<td>8. Season food with herbs, spices or lemon juice instead of salt.</td>
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<td>9. Fill half your plate with fruits and vegetables.</td>
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<td>10. Eat less red meat and avoid processed meat.</td>
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<td>11. Eat whole grains every day.</td>
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Please circle the best answer based on your knowledge following today’s workshop:

12. What is a portion size of meat, chicken or fish?
   a. golf ball
   b. tablespoon
   c. deck of cards
   d. football

13. What are the recommendations for physical activity for adults for cancer prevention?
   a. at least 5 minutes a day of moderate activity 5 or more days a week.
   b. at least 10 minutes a day of moderate activity 5 or more days a week.
   c. at least 15 minutes a day of moderate activity 5 or more days a week.
   d. at least 30 minutes a day of moderate activity 5 or more days a week.
14. How many cups of fruits and vegetables should you eat?
   a. None
   b. About 1/2 cup
   c. 2 cups every other day
   d. At least 2 1/2 cups a day

15. What is the best type of diet to help prevent cancer?
   a. Mostly Plant based
   b. A diet high in red meat
   c. High fat diet
   d. A diet that consists of mostly white bread and refined grains

16. If you choose to eat red meat, how much red meat should you consume?
   a. Less than 25 ounces per week
   b. Less than 20 ounces per week
   c. Less than 18 ounces per week
   d. No Limit

17. How helpful was the program in making you think about changing some of your eating and exercise habits to reduce cancer risk and improve your health? Please circle a number:
   Not at all helpful  1  2  3  4  5  Very helpful

18. What did you like most about the program?

19. What did you like least about the program?

20. Are you?  □ Male  □ Female

21. Your age ______

22. What is your ethnicity/race?  Please check all that apply:
   □ American Indian/Alaska Native
   □ Asian
   □ Black/African American
   □ Hispanic/Latino
   □ Native Hawaiian/Pacific Islander
   □ White
   □ Other ____________

DATE_________  Thanks for your Help!  ID______________