

# AAEP Women in Agriculture



## Nutrition and post-harvest training

### Pre/Post Test

Immunity is the ability to resist disease and illness. What is one of the most important factors for immunity?

- a) Having enough money
- b) Living close to a hospital
- c) Adequate nutrition and food intake
- d) Living in a city

What foods does one need to keep separate when raw (not cooked) to prevent foodborne illness?

- a) Chicken and beef
- b) Meat and vegetables/fruit
- c) Bread and milk
- d) Onions and carrots

Name the 5 food groups needed to ensure a healthy diet:

What nutrient is called the sunshine vitamin?

- a) Vitamin D
- b) Magnesium
- c) Vitamin C
- d) Calcium

	Strongly agree	Agree	Neutral	Disagree	Strongly Disagree
I am a confident educator	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am comfortable using new teaching techniques	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In my work I am able to help the women I work with increase the amount of vegetables in their gardens	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In my work I am able to help the women I work with eat a more diverse diet that is rich in micronutrients	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

1. What topic areas related to gardening & farming education would you like *more information* on, if any?
2. What topic areas related to food security and nutrition would you like *more information* on, if any?
3. Please share any other comments you have that would help us *strengthen* or *improve* this course.