

Knowledge Testing Options in Pre-Test Post-Test Evaluation Design: Implications for Extension Program Evaluation

Instrument

Citation:

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Pre-test Instrument

Cook Smart Eat Smart Pre-Evaluation

Please answer all the questions to the best of your ability.

ID Number: _____

Please check if the following statements are true or false. If you are not sure about the correct answer, please check the option “Don’t Know.” (Please check the appropriate box for your response)

Statement	True	False	Don't Know
Generally, people who eat out more often are more likely to be at an unhealthy weight.			
Cooking and eating meals at home is more expensive than eating out.			
Selecting recipes with many ingredients is a smart way to begin cooking at home.			
Generally, you need only one hour to plan what you will eat for dinner each night for a week.			
When you plan a healthy, balanced meal, 2/3 of your plate should be covered with Fruits, vegetables, and whole grains.			
One of the best ways to be mindful of exactly what you and your family are eating is to become a food label reader.			
Frozen fruits and vegetables are not as nutritious as fresh.			
Marinating is done to add flavor to roasted meats and vegetables.			
Dried beans are an inexpensive substitute for meat.			
If the daily value of calcium is marked as 20% on a food label, then that food is a good source of calcium.			
A product containing 5 g of fat or less per serving is considered as a low-fat product.			
Moist-heat cooking will make pot roast beef cuts tender.			
Root vegetables such as potatoes, carrots, and onions tend to be cooked more slowly than meat.			
The recommended internal temperature for cooking chicken is 165 degrees F			
Wash, separate, cook, and chill are the basic principles of food safety.			
The stir-frying technique cooks meats and vegetables quickly and retains their texture and flavor.			
Many recipes can be converted for cooking in the crock pot.			

Three ounces of cooked meat is about the size of the palm of your hand.			
Healthy salad dressings can be made at home			
Sauteing is done by putting the pan over medium to high heat.			
A crock pot is the best option for beginning cooks.			
Steam cooking is slow and makes unhealthy foods.			
Flour, baking powder, eggs, and butter or margarine are the basic ingredients generally needed to make quick bread.			
The best way to get a handle on portion size control is to measure your food.			
Slow cooker meals or one-pot meals are great dinner options for a company of a visitor.			

Cooking Knowledge

Please indicate your level of knowledge related to the topics in the first column of the following table using the five answer options listed below:

1. Very Low = Don't know anything about this topic.
2. Low = Know very little about this topic
3. Moderate= Know about this topic, but there are more things to learn
4. High = Have good knowledge, but there are things to learn
5. Very High = Know almost everything about this topic

Please circle the appropriate number for your response.

My knowledge related to:	1 Very Low	2 Low	3 Moderate	4 High	5 Very High
Cooking and eating meals at home	1	2	3	4	5
Planning healthy meals to cook at home	1	2	3	4	5
Buying food items for cooking at home	1	2	3	4	5
Reading and using food labels to make healthy food choices	1	2	3	4	5
Different cooking techniques	1	2	3	4	5
Recommended portion size of different foods	1	2	3	4	5
Baking quick bread	1	2	3	4	5
Crock pot cooking	1	2	3	4	5
Food safety guidelines	1	2	3	4	5
Cooking different recipes	1	2	3	4	5
Preparing home-made salad dressings	1	2	3	4	5
Marinating meats and vegetables	1	2	3	4	5
Stir frying	1	2	3	4	5
Sautéing	1	2	3	4	5
Essential kitchen utensils to cook at home	1	2	3	4	5

THANK YOU

Post-test Instrument
Cook Smart Eat Smart Post-Evaluation

Please answer all the questions to the best of your ability.

ID Number: _____

Please check if the following statements are true or false. If you are not sure about the answer, please check the option “Don’t Know.” (Please check the appropriate number for your response)

Statement	True	False	Don't Know
Generally, people who eat out more often are more likely to be at an unhealthy weight.			
Cooking and eating meals at home is more expensive than eating out.			
Selecting recipes with many ingredients is a smart way to begin cooking at home.			
Generally, you need only one hour to plan what you will eat for dinner each night for a week.			
When you plan a healthy, balanced meal, 2/3 of your plate should be covered with Fruits, vegetables, and whole grains.			
One of the best ways to be mindful of exactly what you and your family are eating is to become a food label reader.			
Frozen fruits and vegetables are not as nutritious as fresh.			
Marinating is done to add flavor to roasted meats and vegetables.			
Dried beans are an inexpensive substitute for meat.			
If the daily value of calcium is marked as 20% on a food label, then that food is a good source of calcium.			
A product containing 5 g of fat or less per serving is considered as a low-fat product.			
Moist-heat cooking will make pot roast beef cuts tender.			
Root vegetables such as potatoes, carrots, and onions tend to be cooked more slowly than meat.			
The recommended internal temperature for cooking chicken is 165 degrees F			
Wash, separate, cook, and chill are the basic principles of food safety.			
The stir-frying technique cooks meats and vegetables quickly and retains their texture and flavor.			
Many recipes can be converted for cooking in the crock pot.			
Three ounces of cooked meat is about the size of the palm of your hand.			
Healthy salad dressings can be made at home			
Sautéing is done by putting the pan over medium to high heat.			
A crock pot is the best option for beginning cooks.			
Steam cooking is slow and makes unhealthy foods.			
Flour, baking powder, eggs, and butter or margarine are the basic ingredients generally needed to make quick bread.			
The best way to get a handle on portion size control is to measure your food.			
Slow cooker meals or one-pot meals are great dinner options for a company of a visitor.			

Cooking Knowledge

Please use the following answer key to complete the next section

1. Very Low = Don't know anything about this topic.
2. Low = Know very little about this topic
3. Moderate = Know about this topic, but there are more things to learn
4. High = Have good knowledge, but there are things to learn
5. Very High = Know almost everything about this topic

Please circle your response for each of the knowledge items by reflecting on the before and after training

How do you rate your knowledge about:	BEFORE THIS TRAINING					AFTER THIS TRAINING				
	Very Low	Low	Moderate	High	Very High	Very Low	Low	Moderate	High	Very High
Cooking and eating meals at home	Very Low	Low	Moderate	High	Very High	Very Low	Low	Moderate	High	Very High
Planning healthy meals to cook at home	Very Low	Low	Moderate	High	Very High	Very Low	Low	Moderate	High	Very High
Buying food items for cooking at home	Very Low	Low	Moderate	High	Very High	Very Low	Low	Moderate	High	Very High
Reading and using food labels to make healthy food choices	Very Low	Low	Moderate	High	Very High	Very Low	Low	Moderate	High	Very High
Different cooking techniques	Very Low	Low	Moderate	High	Very High	Very Low	Low	Moderate	High	Very High
Recommended portion size of different foods	Very Low	Low	Moderate	High	Very High	Very Low	Low	Moderate	High	Very High
Baking quick bread	Very Low	Low	Moderate	High	Very High	Very Low	Low	Moderate	High	Very High
Crock pot cooking	Very Low	Low	Moderate	High	Very High	Very Low	Low	Moderate	High	Very High
Food safety guidelines	Very Low	Low	Moderate	High	Very High	Very Low	Low	Moderate	High	Very High
Cooking different recipes	Very Low	Low	Moderate	High	Very High	Very Low	Low	Moderate	High	Very High
Preparing home-made salad dressings	Very Low	Low	Moderate	High	Very High	Very Low	Low	Moderate	High	Very High
Marinating meats and vegetables	Very Low	Low	Moderate	High	Very High	Very Low	Low	Moderate	High	Very High
Stir frying	Very Low	Low	Moderate	High	Very High	Very Low	Low	Moderate	High	Very High
Sautéing	Very Low	Low	Moderate	High	Very High	Very Low	Low	Moderate	High	Very High
Essential kitchen utensils to cook at home	Very Low	Low	Moderate	High	Very High	Very Low	Low	Moderate	High	Very High

THANK YOU