

JUST BE IT!
Healthy and Fit



Just Be It! Healthy & Fit
2006 Fifth Grade Field Trip

Teacher: _____

School District: _____

School Name & Address: _____

1.) As a result of this field trip, do you feel the students' knowledge was increased about their personal health and nutrition?

Definitely _____ Somewhat _____ A Little _____ Not at all _____

2.) As a result of this field trip, do your students perceive health & nutrition in a positive or negative light?

Definitely Positive _____ Positive _____ No Difference _____ Negative _____

3.) Please rate the workshops:

Orientation- Just Be It! Jeopardy

Excellent _____ Good _____ Fair _____ Poor _____

MyPyramid

Excellent _____ Good _____ Fair _____ Poor _____

Vary Your Veggies and Focus on Fruits

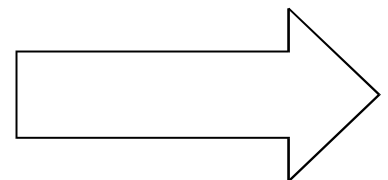
Excellent _____ Good _____ Fair _____ Poor _____

Power Up with Exercise

Excellent _____ Good _____ Fair _____ Poor _____

Eating Healthy-the SMART way!

Excellent _____ Good _____ Fair _____ Poor _____



See back for more

4.) Is the fall a good time of year to offer this program? Yes _____ No _____
If no, please provide us a time of year that would work well for you. _____

5.) Did you feel the location was appropriate for the Just Be It! Program?
Yes _____ No _____

6.) Was attending this program a good use of the students' time? Yes _____ No _____

7.) What would you like to see added to any future Just Be It! Programs?

8.) Please make any additional comments.

Tell us about your students so that we may meet non-discrimination requirements.

Race and Gender

	Male	Female	Total
White (not of Hispanic)			
Black (not of Hispanic)			
American Indian			
Hispanic			
Asian or Pacific Islander			
Totals			

Age

Under 5	
5	
6	
7	
8	
9	
10	
11	
12	
13 & Over	
Total	

Please return to: