

Plate it Up! Kentucky Proud Blackberry Lemon Upside Down Cake

Follow-up

As a result of participating in the Plate it Up! Kentucky Proud program please answer the following questions:

Question 1. I tasted the recipe _____yes ____no

Question 2. I received a recipe card _____yes _____no

Question 3. <u>Before</u> participating in this program, how many servings, on average, did you eat per day:

FRUIT ______VEGETABLES______

(e.g., one serving =1/2 cup)

Question 4. <u>After</u> participating in this program, how many servings, on average, do you **now** eat per day:

FRUIT_____ VEGETABLES_____

(e.g., one serving = 1/2 cup)

Question 5. <u>After</u> participating in this program, did you purchase the fruit or vegetables featured on the card?

a. Blackberries _____yes ____







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