

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. Before 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. After 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. After participating in this program, did you purchase the fruit or vegetables featured on the card?

a. Blackberries _____yes _____no