

UTE Native American Cooking Class

Insert you name here and grade level:	No Experience 1	Minimal Experiences 2	Good Experiences 3	Great Experiences I LOVE Cooking! 4
1. Prior to taking the Ute Native American cooking class, I had this much experience of prepping and preparing food in my home kitchen.				
2. After participating in the Ute Native American class, I now feel I have new skills and experiences to feel more confident preparing healthy Native American dishes in my home.				
3. Prior to the Ute Native American cooking class, how confident did you feel with prepping food and your knife cutting skills?				
4. After the cooking class, how confident do you now feel about preparing food and your knife cutting skills?				
5. Prior to the cooking class, how confident were you to ask questions or ask for help about cooking?				
6. After the cooking class, how confident do you feel about asking questions and asking for help to improve your cooking skills?				

<p>7. On a scale of 1-4, how would rate the quality of instruction from Miss Malina, the Native American cooking chef through Zoom webinar?</p>				
<p>8. What was your favorite part of the cooking class that excited your cooking or food prep interests and why?</p> <p>Was there anything about the cooking class you did not care for and why?</p>				
<p>9. What improvements would you like to see in our future Native American cooking classes to further help you improve your meal preparation, and personal cooking skills?</p>				
<p>10. Do you have any further questions, suggestions you would like to share, or future class offerings you would like Project Peak to offer at your grade level?</p>				