

Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE • VIRGINIA'S LAND GRANT UNIVERSITIES

356-066

Revised December 1984

Using Your Microwave Oven
Learn-by-Mail Series

You have information that is valuable to us. Please take a few minutes to complete this form so that we can continue to improve our Learn-by-Mail courses. Your responses will be confidential.

Please check the appropriate answers.

| | <u>Very Great</u> | <u>Great</u> | <u>Some</u> | <u>Little</u> | <u>Doesn't Apply</u> |
|--|-------------------|--------------|-------------|---------------|----------------------|
| A. To what extent did these lessons... | | | | | |
| 1. give you greater <u>understanding of the topic</u> ? | _____ | _____ | _____ | _____ | _____ |
| 2. help develop an improved <u>attitude</u> about using microwave ovens? | _____ | _____ | _____ | _____ | _____ |
| 3. help you increase the <u>variety of ways</u> about using microwave ovens? | _____ | _____ | _____ | _____ | _____ |
| 4. help you use the microwave more <u>often</u> ? | _____ | _____ | _____ | _____ | _____ |
| 5. increase your <u>confidence in</u> your microwave <u>techniques</u> ? | _____ | _____ | _____ | _____ | _____ |
| 6. help you provide <u>nutritious meals</u> for members of your household? | _____ | _____ | _____ | _____ | _____ |
| 7. help you make <u>better use</u> of <u>left-overs</u> ? | _____ | _____ | _____ | _____ | _____ |
| 8. help you become more <u>efficient in energy</u> use for cooking? | _____ | _____ | _____ | _____ | _____ |
| 9. help improve the <u>quality</u> of certain <u>dishes</u> (sauces, etc.)? | _____ | _____ | _____ | _____ | _____ |
| 10. help you <u>save time</u> in meal preparation? | _____ | _____ | _____ | _____ | _____ |
| B. Please rate each lesson listed below as to its usefulness to you. | | | | | <u>Didn't Read</u> |
| | <u>Very Great</u> | <u>Great</u> | <u>Some</u> | <u>Little</u> | <u>Read</u> |
| 1. Microwave Basics | _____ | _____ | _____ | _____ | _____ |
| 2. Microwave Techniques | _____ | _____ | _____ | _____ | _____ |
| 3. Microwaving Fruits and Vegetables | _____ | _____ | _____ | _____ | _____ |
| 4. Microwaving Meats, Poultry, and Fish | _____ | _____ | _____ | _____ | _____ |
| 5. Microwaving Milk, Eggs, Cheese, Sauces, Casseroles, Breads, and Cereals | _____ | _____ | _____ | _____ | _____ |
| 6. Microwave Oven Management | _____ | _____ | _____ | _____ | _____ |

PLEASE TURN THE PAGE

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- C. Do you own a microwave oven? Yes _____ No _____
If yes, how long have you owned it? _____
- D. Perhaps there are other aspects of the course about which you wish to comment.
Please let us know what you think.

E. Please tell us a little about yourself:

- a. Your sex: female _____ male _____
- b. Your age: under 20 _____ 20 to 40 _____ 41 to 55 _____ 56 to 65 _____ over 65 _____
- c. Your race: White _____ Black _____ Asian _____ Hispanic _____ American Indian _____
- d. The highest level of school you've completed:
less than high school _____ high school graduate _____ some schooling beyond
high school _____ college graduate _____
- e. Number of persons in your household _____

Please return form to: