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### NHSGGC Community-based Cooking Skills Programme Baseline Questionnaire

Identification number: \_\_\_\_\_

**1. For your main meals, what kind of cooking do you mainly do at the moment? (Please tick as many boxes as apply)**

- Don't cook at all
- Put ready meals in microwave or oven
- Put together ready-made ingredients (sauce jars) to make a meal
- Prepare meals from scratch (using raw ingredients)

**2. On a scale of 1 (never) to 5 (always) please tick which best currently describes you, as shown in the example below: #**

	1 Never	2 Rarely	3 Some- times	4 Usually	5 Always
<i>Example: I buy food in farmer's markets?</i>	<input checked="" type="checkbox"/>				
When I shop, I think about how I can save time cooking					
I think it is time consuming to use raw ingredients when cooking					
I plan what to cook before I go shopping					
I look for special offers on foods when I shop					
I cook in bulk (to save portions for other meals)					
I throw away leftover food					
I eat breakfast					
I have snacks in between meals					
I eat meals at regular times					

**3. Do you know why it is important to eat a balanced diet?**

- Yes
- No  (Please go to Question 5)

**4. Can you tell us why you think a balanced diet is important?**

#  
 #  
 #

#

#

5. Which breakfast cereals do you think are low, medium and high in sugar from the list below? Please indicate with 'L' for low, 'M' for medium and 'H' for High in the boxes provided.

Cornflakes

Crunchy Nut cornflakes

Plain Porridge

Rice Crispies

Coco Pops

Weetabix

6. Which foods do you think are low, medium and high in fat from the list below? Please indicate with 'L' for low, 'M' for medium and 'H' for High in the boxes provided.

Plain scone

Sausage roll

Fresh fruit

Baked crisps

Standard bag of crisps

Vegetable soup

7. Do you understand correct portion sizes?

Yes

No

I'm not sure

8. What foods do you think you eat too much of for a balanced diet?

#  
#  
#

9. What foods do you think you eat too little of for a balanced diet?

#  
#  
#

10. Roughly, how much money per week do you spend on food? #

£  
... per week:

11. Roughly, how much money per week do you spend on takeaways/fast food?

# £  
... per week:

#

**12. In a normal week, how often do you eat the following foods? (Please tick just one box per food as in the example)**

	Never	Less than once a week	Once a week	2-4 times a week	5-6 times a week	Once a day	More than once a day
<i>Example: cakes</i>			✓				
Re-used foods (e.g. leftovers)							
Ready meals (e.g. frozen pizza, microwave meals)							
Salad (e.g. using fresh veg)							
Oily fish (e.g. salmon or sardines)							

**13. On a scale of 1 (not confident at all) to 7 (very confident) please tick which number best shows how confident you feel about the following: (please tick one box)**

	Not at all confident 1	2	3	4	5	6	Very confident 7
<i>Example: Baking</i>							✓
Cooking using raw ingredients							
Following a simple recipe							
Planning meals before shopping							
Shopping for food on a budget							
Shopping for healthier food to eat							
Cooking new foods							
Cooking healthier foods							
Storing food safely							
Using food leftovers to cook other meals							
Cooking whole raw chicken from scratch							
Reading food labels							
Food Hygiene							

#

#

14. When you buy food, do you look at any of this information on the label?

Calories: Yes  No #

Fat: Yes  No #

Sugars: Yes  No #

Sodium/salt: Yes  No #

**OUR NUTRITIONAL INFORMATION**

○ Typical value per 100g    ○ Per 30g serving

ENERGY	1604 kJ	378 kcal	481 kJ	113 kcal
FAT	0.9 g		0.3 g	
of which saturates	0.2 g		0.1 g	
CARBOHYDRATE	84 g		25 g	
of which sugars	8 g		2.4 g	
FIBRE	3 g		0.9 g	
PROTEIN	7 g		2.1 g	
SALT	1.25 g		0.38 g	
<b>VITAMINS:</b>		(% NRV)		(% NRV)
VITAMIN D	4.2 µg	(83)	1.3 µg	(25)
THIAMIN (B1)	0.91 mg	(83)	0.28 mg	(25)
RIBOFLAVIN (B2)	1.2 mg	(83)	0.35 mg	(25)
NIACIN	13 mg	(83)	4.0 mg	(25)
VITAMIN B6	1.2 mg	(83)	0.35 mg	(25)
FOLIC ACID	166 µg	(83)	50.0 µg	(25)
VITAMIN B12	2.1 µg			
<b>MINERALS:</b>				
IRON	8.0 mg			

Portion size: Yes  No

Ingredient list: Yes  No #

**TOMATO & VEGETABLE SOUP WITH CROUTONS AND NOODLES**

Ingredients as served (greatest first): Water, Tomato (37%), Vegetables (4.5%) (Carrot, Onion, Peas), Maize Starch, Ring Noodles (1.5%) (Durum Wheat Semolina, Salt), Croutons (1.4%) (Wheat Flour, Vegetable Oil, Salt, Yeast, Rosemary Extract), Glucose Syrup, Sugar, Yeast Extract, Potato Starch, Vegetable Oil, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Salt, Stabilisers (Xanthan Gum, Monopotassium Phosphate), Garlic Powder, Citric Acid, Natural Flavourings, Emulsifier (Mono- and Diglycerides of Fatty Acids), Colours (Beetroot Red, Beta Carotene), Flavouring (contains Celery, Barley), Antioxidants (Ascorbyl Palmitate, Alpha-tocopherol).

**Allergy Advice:** contains Wheat, Barley, Gluten, Celery.  
Produced in a factory which handles milk powder.

Use by date: Yes  No #

Price per g or kilogram: Yes  No #

**FREE RANGE BRITISH CHICKEN**

Weight <b>1.186kg</b>	Use by <b>05 JUL</b>	Price <b>£ 5.93</b>
Price per kg <b>£ 5.00</b>	Serves <b>3-4</b>	Cooks in <b>1:30</b> Hrs Mins

UK 5011 EC

Fresh Class A

Packaged in a Protective Atmosphere

2 31906 61000 9341

Washed and ready to cook

Keep refrigerated

A 100g edible portion (as consumed) provides...				
ENERGY	FAT	SATURATES	SUGARS	SALT
815kJ 195kcal	10g	3.2g	nil	0.2g
10%	14%	16%	0%	3%

of your Reference Intake.  
Reference Intake of an average adult (8400kJ/2000kcal).

*Signature*

FREE RANGE BRITISH CHICKEN

Total Price: Yes  No #

Cooking tips: Yes  No #

Storage tips: Yes  No #





### NHSGGC Community-based Cooking Skills Programme Post-Intervention Questionnaire

Identification number: \_\_\_\_\_

**1. For your main meals, what kind of cooking do you mainly do at the moment? (Please tick as many boxes as apply)**

- Don't cook at all
- Put ready meals in microwave or oven
- Put together ready-made ingredients (sauce jars) to make a meal
- Prepare meals from scratch (using raw ingredients)

**2. On a scale of 1 (never) to 5 (always) please tick which best currently describes you, as shown in the example below: #**

	1 Never	2 Rarely	3 Some- times	4 Usually	5 Always
<i>Example: I buy food in farmer's markets?</i>	<input checked="" type="checkbox"/>				
When I shop, I think about how I can save time cooking					
I think it is time consuming to use raw ingredients when cooking					
I plan what to cook before I go shopping					
I look for special offers on foods when I shop					
I cook in bulk (to save portions for other meals)					
I throw away leftover food					
I eat breakfast					
I have snacks in between meals					
I eat meals at regular times					

**3. Do you know why it is important to eat a balanced diet?**

- Yes
- No  (Please go to Question 5)

**4. Can you tell us why you think a balanced diet is important?**

#

#

#



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**12. In a normal week, how often do you eat the following foods? (Please tick just one box per food as in the example)**

	Never	Less than once a week	Once a week	2-4 times a week	5-6 times a week	Once a day	More than once a day
<i>Example: cakes</i>			✓				
Re-used foods (e.g. leftovers)							
Ready meals (e.g. frozen pizza, microwave meals)							
Salad (e.g. using fresh veg)							
Oily fish (e.g. salmon or sardines)							

**. On a scale of 1 (not confident at all) to 7 (very confident) please tick which number best shows how confident you feel about the following: (please tick one box)**

	Not at all confident 1	2	3	4	5	6	Very confident 7
<i>Example: Baking</i>							✓
Cooking using raw ingredients							
Following a simple recipe							
Planning meals before shopping							
Shopping for food on a budget							
Shopping for healthier food to eat							
Cooking new foods							
Cooking healthier foods							
Storing food safely							
Using food leftovers to cook other meals							
Cooking whole raw chicken from scratch							
Reading food labels							
Food Hygiene							

#

#

14. When you buy food, do you look at any of this information on the label?

Calories: Yes  No #

Fat: Yes  No #

Sugars: Yes  No #

Sodium/salt: Yes  No #

**OUR NUTRITIONAL INFORMATION**

Typical value per 100g     Per 30g serving

ENERGY	1604 kJ	378 kcal	481 kJ	113 kcal
FAT	0.9 g		0.3 g	
of which saturates	0.2 g		0.1 g	
CARBOHYDRATE	84 g		25 g	
of which sugars	8 g		2.4 g	
FIBRE	3 g		0.9 g	
PROTEIN	7 g		2.1 g	
SALT	1.25 g		0.38 g	
<b>VITAMINS:</b>		(% NRV)		(% NRV)
VITAMIN D	4.2 µg	(83)	1.3 µg	(25)
THIAMIN (B1)	0.91 mg	(83)	0.28 mg	(25)
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VITAMIN B12	2.1 µg			
<b>MINERALS:</b>				
IRON	8.0 mg			

Portion size: Yes  No

Ingredient list: Yes  No #

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Produced in a factory which handles milk powder.

SUITABLE FOR VEGETARIANS

Use by date: Yes  No #

Price per g or kilogram: Yes  No #

**FREE RANGE BRITISH CHICKEN**

Weight	Use by	Price
1.186kg	05 JUL	£ 5.93
Price per kg	Serves	Cooks in
£ 5.00	3-4	1:30
	Hrs	Mins

UK 50-11 EC

Fresh Class A

Washed and ready to cook

Keep refrigerated

A 100g edible portion (as consumed) provides...				
ENERGY	FAT	SATURATES	SUGARS	SALT
815kJ 195kcal	10g	3.2g	nil	0.2g
10%	14%	16%	0%	3%

of your Reference Intake.  
Reference Intake of an average adult (8400kJ/2000kcal).

Signature FREE RANGE BRITISH CHICKEN

Total Price: Yes  No #

Cooking tips: Yes  No #

Storage tips: Yes  No #

Thank you for taking the time to complete this questionnaire!

**15. What did you enjoy about the course?**

**16. What didn't enjoy about the course?**

**17. What two things have you started to do at home as a result of attending this course?**

1.

2.

**18. Was there anything you struggled with or found difficult during the course?**

1.

2.

**19. Was there anything from the course you tried at home that was difficult or you could not do?**

Yes  No

If yes, please explain what the challenges were?

**20. Is there anything else you would like to tell us on how the course helped you?**

Yes  No

If yes, please explain below:

**Thank you for taking the time to complete this questionnaire**



**NHSGGC Community-based Cooking Skills Programme  
Follow-up Questionnaire**

Identification number: \_\_\_\_\_

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**3. Do you know why it is important to eat a balanced diet?**

- Yes
- No  (Please go to Question 5)

**4. Can you tell us why you think a balanced diet is important?**

#

#

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Coco Pops

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Rice Crispies

Weetabix

6. Which foods do you think are low, medium and high in fat from the list below? Please indicate with 'L' for low, 'M' for medium and 'H' for High in the boxes provided.

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Fresh fruit

Standard bag of crisps

Sausage roll

Baked crisps

Vegetable soup

7. Do you understand correct portion sizes?

Yes

No

I'm not sure

8. What foods do you think you eat too much of for a balanced diet?

#  
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#

10. Roughly, how much money per week do you spend on food? #

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... per week:

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Storing food safely							
Using food leftovers to cook other meals							
Cooking whole raw chicken from scratch							
Reading food labels							
Food Hygiene							

#

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<b>MINERALS:</b>				
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Portion size: Yes  No

Ingredient list: Yes  No #

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Produced in a factory which handles milk powder.

SUITABLE FOR VEGETARIANS

Use by date: Yes  No #

Price per g or kilogram: Yes  No #

**FREE RANGE BRITISH CHICKEN**

Weight <b>1.186kg</b>	Use by <b>05 JUL</b>	Price <b>£ 5.93</b>
Price per kg <b>£ 5.00</b>	Serves <b>3-4</b>	Cooks in <b>1:30</b> Hrs Mins

UK 5011 EC

Packaged in a Protective Atmosphere

Barcode: 2 31906 40009 3 d

Fresh Class A

Washed and ready to cook

Keep refrigerated

ASSURED GREAT BRITISH CHICKEN

A 100g edible portion (as consumed) provides...

ENERGY	FAT	SATURATES	SUGARS	SALT
815kJ 195kcal	10g	3.2g	nil	0.2g
10%	14%	16%	0%	3%

of your Reference Intake. Reference Intake of an average adult (8400kJ/2000kcal).

Signature

FREE RANGE BRITISH CHICKEN

Total Price: Yes  No #

Cooking tips: Yes  No #

Storage tips: Yes  No #

Thank you for taking the time to complete this questionnaire!

