



**NHSGGC Community-based Cooking Skills Programme
Follow-up Questionnaire for Telephone Interview**

Identification number: _____

1. What made you come along to the course?
2. What motivated you to stay to the end of the course?
3. What was the most important thing you learnt at the course?
4. Is there anything you have continued to do, since attending the course?
5. Was there anything you tried to do at home but do not do anymore?
 - a. Yes No
 - b. If yes, what were they? And why did you stop?
6. Do you think this course was of help to you or your family?
 - a. Yes No
 - b. If yes in which way?
7. Has your shopping changed?
 - a. Yes No
 - b. If yes, how has it changed?
 - c. If no, why do you think it has not changed?
8. Are you spending less money on food shopping?
 - a. Why or why not?
9. Do you prepare more meals and snacks from raw ingredients?
 - a. Yes No
 - b. If yes, what motivated you to do this?
10. For snacks, do you find yourself eating more, less or the same amount?
 - a. More Less Same
 - b. Why do you think this is?
11. Do you waste less food?
 - a. If yes, please explain in what way? E.g. types of foods?
 - b. If no, what do you think are the main reasons?
12. Do you have any additional comments or suggestions on how to improve the course?

Thank you!