

Pre/Post Cooking Skills Evaluation

Name:	
1 st Date:	2 nd Date:

Currently how many days per week do you cook from scratch?

Never Occasionally 1 2 3 4 5 6 7 times per week

Circle where you are on the scale	
1 = not sure	10 = very sure

1	Cooking a meal using fresh ingredients	
2	Using cooking equipment (e.g. knives, grater, peeler, cooker)	
3	Reading and understanding a recipe	
4	Making a meal from a range of ingredients that you have (or adapting a recipe)	
5	Trying new foods (or foods cooked in a different ways)	
6	Buying less take away or fast food or readymade meals	
7	Food safety and storage in the home.	
8	Making healthy food choices	
9	Making food that others enjoy (e.g. your child(ren), friends of family)	

Do you attend any other groups? (Food related, educational, social or volunteering)

No

Yes (What are they?) _____