

# Questionnaire for Cooking Skills Programmes



## Instructions for Use

1. Print and photocopy the number of pre and post questionnaires that you require.
2. Write each participants name in the table below and put the matching ID number on the pre and post questionnaires (top right hand corner of the questionnaire).
3. Ask the participants to complete the pre-questionnaire before they take part in their 1<sup>st</sup> cooking session.
4. Once the participants have taken part in their last cooking session ask them to complete a post questionnaire. **Ensure that they get the questionnaire with the ID number which matches their name.**

ID Number	Participant Name	Pre Questionnaire Completed	Post Questionnaire Completed
<i>Example</i> 0	<i>Betty Smith</i>	✓	✓
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			