



Evaluation Pre Cooking

Why did you join this course?

• Learn to Cook

What do you usually eat?

Pasta Soup (Sina past con BBL)

Do you know what a balanced safe diet is?

YES SORT OF NO

Do you like to try new foods?

YES SOMETIMES NO

What have you tried?

Soup
Pasta

How could you improve your diet?

• try new things

Did you like it?

YES NO

How confident are you to cook with fresh basic ingredients?

VERY OK NOT AT ALL

Do you think you might try the recipes we use or any other new recipes at home?

YES NO

Do you know everyone here?

YES NO

Do you plan food shopping & meals?

YES NO

How confident are you to plan food shopping & meals?

VERY OK NOT AT ALL

Will you eat the food you cooked at home?

YES MAYBE NO

Do you usually eat meals....

ALONE WITH OTHERS

Who?

Mum

When?

Some times

What will you do?

Freeze

Name/initials: [redacted]
Course: [redacted]
Date: [redacted]
Time: [redacted]
Venue: [redacted]



Evaluation Post Cooking

What have you learned?

- CUTTING
- SOUP/CASSEROLE
- USING SPICES + HERBS

What do you usually eat?

- READY MEALS
- WETTABIX
- CHIPS

Do you know what a balanced safe diet is?

- YES SORT OF NO
-

Do you like to try new foods?

- YES SOMETIMES NO
-

What have you tried?

- MUSHROOMS
- SAUSAGE & CASS.
- AVOCADO
- MINCE / BOLOGNESE
- SPICES

Did you like it?

- YES NO
-

How have you improved your diet?

- LESS CARRY OUTS
- MORE FRUIT + VEG.
- LESS BREAD.

How confident are you to cook with fresh basic ingredients?

- VERY OK NOT AT ALL
-

Have you tried any new recipes at home?

- YES NO
-

Which ones?

(Empty circle for handwritten response)

Have you met someone new?

- YES NO
-

Do you plan food shopping & meals?

- YES NO
-

How confident are you to plan food shopping & meals?

- VERY OK NOT AT ALL
-

Did you eat the food you cooked at home?

- YES NO
-

What food?

- BOLOGNESE
- BIRYANI

Do you usually eat meals....

- ALONE WITH OTHERS
-

Who?

LESLEY + OTHER FRIENDS

When?

AT THE COOKING

Name/initials: _____

Course: _____

Date: _____

Time: _____

Venue: _____