**What is triangulation?**

Triangulating evaluation information simply means gathering information about what difference your cooking skills course is making for each person attending it from three sources – these could be from the:

 1) Cooking course participant (i.e.: self-reported) (such as feedback forms or focus group notes)

 2) Practitioners or volunteers running the course such as from observation notes and;

 3) A person not directly involved in the course, but who knows the participant, such as support worker or family member – they could be interviewed or asked to complete a questionnaire or report.

Another, or alternative potential source of information could also be from quizzes or tests (such as a quiz that tests a participant’s knowledge before and after a course) or from physical evidence such as weight loss or gain.