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NHSGGC Community-based Cooking Skills Programme Baseline Questionnaire

Identification number: _____

1. For your main meals, what kind of cooking do you mainly do at the moment? (Please tick as many boxes as apply)

- Don't cook at all ☐
- Put ready meals in microwave or oven ☐
- Put together ready-made ingredients (sauce jars) to make a meal ☐
- Prepare meals from scratch (using raw ingredients) ☐

2. On a scale of 1 (never) to 5 (always) please tick which best currently describes you, as shown in the example below: #

	1 Never	2 Rarely	3 Some- times	4 Usually	5 Always
<i>Example: I buy food in farmer's markets?</i>	<input checked="" type="checkbox"/>				
When I shop, I think about how I can save time cooking					
I think it is time consuming to use raw ingredients when cooking					
I plan what to cook before I go shopping					
I look for special offers on foods when I shop					
I cook in bulk (to save portions for other meals)					
I throw away leftover food					
I eat breakfast					
I have snacks in between meals					
I eat meals at regular times					

3. Do you know why it is important to eat a balanced diet?

- Yes ☐
- No ☐ (Please go to Question 5)

4. Can you tell us why you think a balanced diet is important?

#

#

#

5. Which breakfast cereals do you think are low, medium and high in sugar from the list below? Please indicate with 'L' for low, 'M' for medium and 'H' for High in the boxes provided.

Cornflakes ☐

Plain Porridge ☐

Coco Pops ☐

Crunchy Nut cornflakes ☐

Rice Crispies ☐

Weetabix ☐

6. Which foods do you think are low, medium and high in fat from the list below? Please indicate with 'L' for low, 'M' for medium and 'H' for High in the boxes provided.

Plain scone ☐

Fresh fruit ☐

Standard bag of crisps ☐

Sausage roll ☐

Baked crisps ☐

Vegetable soup ☐

7. Do you understand correct portion sizes?

Yes ☐

No ☐

I'm not sure ☐

8. What foods do you think you eat too much of for a balanced diet?

#

9. What foods do you think you eat too little of for a balanced diet?

#

10. Roughly, how much money per week do you spend on food? #

£ per week:

11. Roughly, how much money per week do you spend on takeaways/fast food?

£ per week:

#

12. In a normal week, how often do you eat the following foods? (Please tick just one box per food as in the example)

	Never	Less than once a week	Once a week	2-4 times a week	5-6 times a week	Once a day	More than once a day
<i>Example: cakes</i>			✓				
Re-used foods (e.g. leftovers)							
Ready meals (e.g. frozen pizza, microwave meals)							
Salad (e.g. using fresh veg)							
Oily fish (e.g. salmon or sardines)							

13. On a scale of 1 (not confident at all) to 7 (very confident) please tick which number best shows how confident you feel about the following: (please tick one box)

	Not at all confident 1	2	3	4	5	6	Very confident 7
<i>Example: Baking</i>							✓
Cooking using raw ingredients							
Following a simple recipe							
Planning meals before shopping							
Shopping for food on a budget							
Shopping for healthier food to eat							
Cooking new foods							
Cooking healthier foods							
Storing food safely							
Using food leftovers to cook other meals							
Cooking whole raw chicken from scratch							
Reading food labels							
Food Hygiene							

#

#

14. When you buy food, do you look at any of this information on the label?

Calories: Yes ☐ No ☐#

Fat: Yes ☐ No ☐#

Sugars: Yes ☐ No ☐#

Sodium/salt:
Yes ☐ No ☐#

OUR NUTRITIONAL INFORMATION			
	○ Typical value per 100g		○ Per 30g serving
ENERGY	1604 kJ	378 kcal	481 kJ 113 kcal
FAT	0.9 g		0.3 g
of which saturates	0.2 g		0.1 g
CARBOHYDRATE	84 g		25 g
of which sugars	8 g		2.4 g
FIBRE	3 g		0.9 g
PROTEIN	7 g		2.1 g
SALT	1.25 g		0.38 g
VITAMINS:		(% NRV)	(% NRV)
VITAMIN D	4.2 µg	(83)	1.3 µg (25)
THIAMIN (B1)	0.91 mg	(83)	0.28 mg (25)
RIBOFLAVIN (B2)	1.2 mg	(83)	0.35 mg (25)
NIACIN	13 mg	(83)	4.0 mg (25)
VITAMIN B6	1.2 mg	(83)	0.35 mg (25)
FOLIC ACID	166 µg	(83)	50.0 µg (25)
VITAMIN B12	2.1 µg		
MINERALS:			
IRON	8.0 mg		

Portion size:
Yes ☐ No ☐

Ingredient list: Yes ☐ No ☐#

TOMATO & VEGETABLE SOUP WITH CROUTONS AND NOODLES

Ingredients as served (greatest first): Water, Tomato (37%), Vegetables (4.5%) (Carrot, Onion, Peas), Maize Starch, Ring Noodles (1.5%) (Durum Wheat Semolina, Salt), Croutons (1.4%) (Wheat Flour, Vegetable Oil, Salt, Yeast, Rosemary Extract), Glucose Syrup, Sugar, Yeast Extract, Potato Starch, Vegetable Oil, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Salt, Stabilisers (Xanthan Gum, Monopotassium Phosphate), Garlic Powder, Citric Acid, Natural Flavourings, Emulsifier (Mono- and Diglycerides of Fatty Acids), Colours (Beetroot Red, Beta Carotene), Flavouring (contains Celery, Barley), Antioxidants (Ascorbyl Palmitate, Alpha-tocopherol).

Allergy Advice: contains Wheat, Barley, Gluten, Celery.
Produced in a factory which handles milk powder.

SUITABLE FOR VEGETARIANS

Use by date: Yes ☐ No ☐#

Price per g or kilogram:
Yes ☐ No ☐#

FREE RANGE BRITISH CHICKEN

Weight 1.186kg	Use by 05 JUL	Price £ 5.93
Price per kg £ 5.00	Serves 3-4	Cooks in 1:30 Hrs Mins

UK 5011 EC

Fresh Class A

Packaged in a Protective Atmosphere

2 319066 100000 9341

Washed and ready to cook

Keep refrigerated

Freezable

A 100g edible portion (as consumed) provides...

ENERGY	FAT	SATURATES	SUGARS	SALT
815kJ 195kcal	10g	3.2g	nil	0.2g
10%	14%	16%	0%	3%

of your Reference Intake.
Reference Intake of an average adult (8400kJ/2000kcal).

Signature

FREE RANGE BRITISH CHICKEN

Total Price:
Yes ☐ No ☐#

Cooking tips:
Yes ☐ No ☐#

Storage tips:
Yes ☐ No ☐#

Details about yourself.....

What age are you?

16 or under	<input type="checkbox"/>
17-24	<input type="checkbox"/>
25-34	<input type="checkbox"/>
35-44	<input type="checkbox"/>
45 or over	<input type="checkbox"/>

How would you describe your ethnic background? (Please tick one box)

White	
Scottish	<input type="checkbox"/>
Other British	<input type="checkbox"/>
Any other White background	<input type="checkbox"/>
Asian, Asian Scottish or Asian British	
Indian	<input type="checkbox"/>
Pakistani	<input type="checkbox"/>
Bangladeshi	<input type="checkbox"/>
Chinese	<input type="checkbox"/>
Any other Asian background	<input type="checkbox"/>
Black, Black Scottish or Black British	
Caribbean	<input type="checkbox"/>
African	<input type="checkbox"/>
Any other Black background	<input type="checkbox"/>
Mixed	
Any mixed background	<input type="checkbox"/>
Any other ethnic background (specify)	<input type="checkbox"/>
Prefer not to say	<input type="checkbox"/>

How many family members live in your household? _____

Are you male/female? (Please circle)

What is your postcode?

<p>I AGREE to my details being stored on a confidential data base and to information being shared between NHS Greater Glasgow and Clyde and approved partner organisations involved in this programme.</p>	<p>Yes <input type="checkbox"/></p>	<p>No <input type="checkbox"/></p>
<p>I AGREE to NHS Greater Glasgow and Clyde Health Improvement and/or the University of Glasgow contacting me to invite me to take part in an evaluation of the programme.</p> <p>If yes, can you please provide a contact name and telephone number below:</p> <p>Name:</p> <p>Telephone Number:</p>	<p>Yes <input type="checkbox"/></p>	<p>No <input type="checkbox"/></p>

Thank you for taking the time to complete this questionnaire



**NHSGGC Community-based Cooking Skills Programme
Post-Intervention Questionnaire**

Identification number: _____

1. For your main meals, what kind of cooking do you mainly do at the moment? (Please tick as many boxes as apply)

- Don't cook at all ☐
- Put ready meals in microwave or oven ☐
- Put together ready-made ingredients (sauce jars) to make a meal ☐
- Prepare meals from scratch (using raw ingredients) ☐

2. On a scale of 1 (never) to 5 (always) please tick which best currently describes you, as shown in the example below: #

	1 Never	2 Rarely	3 Some- times	4 Usually	5 Always
<i>Example: I buy food in farmer's markets?</i>	<input checked="" type="checkbox"/>				
When I shop, I think about how I can save time cooking					
I think it is time consuming to use raw ingredients when cooking					
I plan what to cook before I go shopping					
I look for special offers on foods when I shop					
I cook in bulk (to save portions for other meals)					
I throw away leftover food					
I eat breakfast					
I have snacks in between meals					
I eat meals at regular times					

3. Do you know why it is important to eat a balanced diet?

- Yes ☐
- No ☐ (Please go to Question 5)

4. Can you tell us why you think a balanced diet is important?

#

5. Which breakfast cereals do you think are low, medium and high in sugar from the list below? Please indicate with 'L' for low, 'M' for medium and 'H' for High in the boxes provided.

Cornflakes ☐

Plain Porridge ☐

Coco Pops ☐

Crunchy Nut cornflakes ☐

Rice Crispies ☐

Weetabix ☐

6. Which foods do you think are low, medium and high in fat from the list below? Please indicate with 'L' for low, 'M' for medium and 'H' for High in the boxes provided.

Plain scone ☐

Fresh fruit ☐

Standard bag of crisps ☐

Sausage roll ☐

Baked crisps ☐

Vegetable soup ☐

7. Do you understand correct portion sizes?

Yes ☐

No ☐

I'm not sure ☐

8. What foods do you think you eat too much of for a balanced diet?

#

9. What foods do you think you eat too little of for a balanced diet?

#

10. Roughly, how much money per week do you spend on food? #

£ per week:

11. Roughly, how much money per week do you spend on takeaways/fast food?

£ per week:

#

12. In a normal week, how often do you eat the following foods? (Please tick just one box per food as in the example)

	Never	Less than once a week	Once a week	2-4 times a week	5-6 times a week	Once a day	More than once a day
<i>Example: cakes</i>			✓				
Re-used foods (e.g. leftovers)							
Ready meals (e.g. frozen pizza, microwave meals)							
Salad (e.g. using fresh veg)							
Oily fish (e.g. salmon or sardines)							

. On a scale of 1 (not confident at all) to 7 (very confident) please tick which number best shows how confident you feel about the following: (please tick one box)

	Not at all confident 1	2	3	4	5	6	Very confident 7
<i>Example: Baking</i>							✓
Cooking using raw ingredients							
Following a simple recipe							
Planning meals before shopping							
Shopping for food on a budget							
Shopping for healthier food to eat							
Cooking new foods							
Cooking healthier foods							
Storing food safely							
Using food leftovers to cook other meals							
Cooking whole raw chicken from scratch							
Reading food labels							
Food Hygiene							

#

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14. When you buy food, do you look at any of this information on the label?

Calories: Yes ☐ No ☐#

Fat: Yes ☐ No ☐#

Sugars: Yes ☐ No ☐#

Sodium/salt: Yes ☐ No ☐#

OUR NUTRITIONAL INFORMATION

☐ Typical value per 100g
 ☐ Per 30g serving

ENERGY	1604 kJ	378 kcal	481 kJ	113 kcal
FAT	0.9 g		0.3 g	
of which saturates	0.2 g		0.1 g	
CARBOHYDRATE	84 g		25 g	
of which sugars	8 g		2.4 g	
FIBRE	3 g		0.9 g	
PROTEIN	7 g		2.1 g	
SALT	1.25 g		0.38 g	
VITAMINS:		(% NRV)		(% NRV)
VITAMIN D	4.2 µg	(83)	1.3 µg	(25)
THIAMIN (B1)	0.91 mg	(83)	0.28 mg	(25)
RIBOFLAVIN (B2)	1.2 mg	(83)	0.35 mg	(25)
NIACIN	13 mg	(83)	4.0 mg	(25)
VITAMIN B6	1.2 mg	(83)	0.35 mg	(25)
FOLIC ACID	166 µg	(83)	50.0 µg	(25)
VITAMIN B12	2.1 µg			
MINERALS:				
IRON	8.0 mg			

Portion size: Yes ☐ No ☐

Ingredient list: Yes ☐ No ☐#

TOMATO & VEGETABLE SOUP WITH CROUTONS AND NOODLES

Ingredients as served (greatest first): Water, Tomato (37%), Vegetables (4.5%) (Carrot, Onion, Peas), Maize Starch, Ring Noodles (1.5%) (Durum Wheat Semolina, Salt), Croutons (1.4%) (Wheat Flour, Vegetable Oil, Salt, Yeast, Rosemary Extract), Glucose Syrup, Sugar, Yeast Extract, Potato Starch, Vegetable Oil, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Salt, Stabilisers (Xanthan Gum, Monopotassium Phosphate), Garlic Powder, Citric Acid, Natural Flavours, Emulsifier (Mono- and Diglycerides of Fatty Acids), Colours (Beetroot Red, Beta Carotene), Flavouring (contains Celery, Barley), Antioxidants (Ascorbyl Palmitate, Alpha-tocopherol).
Allergy Advice: contains Wheat, Barley, Gluten, Celery.
 Produced in a factory which handles milk powder.

SUITABLE FOR VEGETARIANS

Use by date: Yes ☐ No ☐#

Price per g or kilogram: Yes ☐ No ☐#

FREE RANGE BRITISH CHICKEN

Weight: 1.186kg

Use by: 05 JUL

Price: £ 5.93

Price per kg: £ 5.00

Serves: 3-4

Cooks in: 1:30 Hrs Mins

UK 5011 EC

Packaged in a Protective Atmosphere

Barcode: 2 31906 61000 9341

Fresh Class A

Washed and ready to cook

A 100g edible portion (as consumed) provides...
 ENERGY 815kJ 195kcal 10%
 FAT 10g 14%
 SATURATES 3.2g 16%
 SUGARS nil 0%
 SALT 0.2g 3%

Keep refrigerated

Freezable

Total Price: Yes ☐ No ☐#

Cooking tips: Yes ☐ No ☐#

Storage tips: Yes ☐ No ☐#

Thank you for taking the time to complete this questionnaire!

15. What did you enjoy about the course?

16. What didn't enjoy about the course?

17. What two things have you started to do at home as a result of attending this course?

1.

2.

18. Was there anything you struggled with or found difficult during the course?

1.

2.

19. Was there anything from the course you tried at home that was difficult or you could not do?

Yes ☐ No ☐

If yes, please explain what the challenges were?

20. Is there anything else you would like to tell us on how the course helped you?

Yes ☐ No ☐

If yes, please explain below:

Thank you for taking the time to complete this questionnaire



NHSGGC Community-based Cooking Skills Programme Follow-up Questionnaire

Identification number: _____

1. For your main meals, what kind of cooking do you mainly do at the moment? (Please tick as many boxes as apply)

- Don't cook at all ☐
- Put ready meals in microwave or oven ☐
- Put together ready-made ingredients (sauce jars) to make a meal ☐
- Prepare meals from scratch (using raw ingredients) ☐

2. On a scale of 1 (never) to 5 (always) please tick which best currently describes you, as shown in the example below: #

	1 Never	2 Rarely	3 Some- times	4 Usually	5 Always
<i>Example: I buy food in farmer's markets?</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I shop, I think about how I can save time cooking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I think it is time consuming to use raw ingredients when cooking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I plan what to cook before I go shopping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I look for special offers on foods when I shop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I cook in bulk (to save portions for other meals)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I throw away leftover food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I eat breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Do you know why it is important to eat a balanced diet?

- Yes ☐
- No ☐ (Please go to Question 5)

4. Can you tell us why you think a balanced diet is important?

#

5. Which breakfast cereals do you think are low, medium and high in sugar from the list below? Please indicate with 'L' for low, 'M' for medium and 'H' for High in the boxes provided.

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Rice Crispies ☐

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Sausage roll ☐

Baked crisps ☐

Vegetable soup ☐

7. Do you understand correct portion sizes?

Yes ☐

No ☐

I'm not sure ☐

8. What foods do you think you eat too much of for a balanced diet?

#

9. What foods do you think you eat too little of for a balanced diet?

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Cooking whole raw chicken from scratch							
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Food Hygiene							

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Sugars: Yes ☐ No ☐#

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☐ Typical value per 100g
 ☐ Per 30g serving

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MINERALS:				
IRON	8.0 mg			

Portion size: Yes ☐ No ☐

Ingredient list: Yes ☐ No ☐#

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Allergy Advice: contains Wheat, Barley, Gluten, Celery.

Produced in a factory which handles milk powder.

SUITABLE FOR VEGETARIANS

Use by date: Yes ☐ No ☐#

Price per g or kilogram: Yes ☐ No ☐#

FREE RANGE BRITISH CHICKEN

Weight: 1.186kg

Use by: 05 JUL

Price: £ 5.93

Price per kg: £ 5.00

Serves: 3-4

Cooks in: 1:30

UK 5011 EC

Packaged in a Protective Atmosphere

Barcode: 2 319066 400934

Fresh Class A

Washed and ready to cook

Keep refrigerated

Signature

FREE RANGE BRITISH CHICKEN

Total Price: Yes ☐ No ☐#

Cooking tips: Yes ☐ No ☐#

Storage tips: Yes ☐ No ☐#

Thank you for taking the time to complete this questionnaire!

#

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