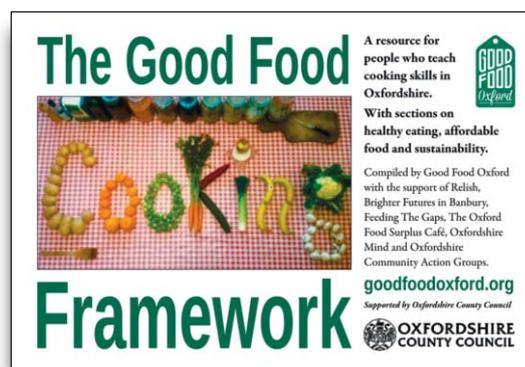


# Resources for the Good Food Cooking Framework



Here are several documents to accompany the **Good Food Cooking Framework** booklet.

You can order A4 copies by contacting Good Food Oxford, or you can print your own from this PDF, or download them separately from the links below.



Page in this A4 PDF	Resource	Page in the A5 Framework Booklet	Link to file as a separate A4 PDF
2	'Finding the balance' A4 poster	8	<a href="http://goodfoodoxford.org/GFCF/FindingtheBalance.pdf">goodfoodoxford.org/GFCF/FindingtheBalance.pdf</a>
3	Framework Checklist	9	<a href="http://goodfoodoxford.org/GFCF/Framework.pdf">goodfoodoxford.org/GFCF/Framework.pdf</a>
5	Initial Planning Checklist	54	<a href="http://goodfoodoxford.org/GFCF/InitialPlanningChecklist.pdf">goodfoodoxford.org/GFCF/InitialPlanningChecklist.pdf</a>
6	Session Plan	57	<a href="http://goodfoodoxford.org/GFCF/SessionPlan.pdf">goodfoodoxford.org/GFCF/SessionPlan.pdf</a>
7	Session Plan <b>EXAMPLE</b>	57	<a href="http://goodfoodoxford.org/GFCF/SessionPlanExample.pdf">goodfoodoxford.org/GFCF/SessionPlanExample.pdf</a>
8	Risk Assessment	65 / 66	<a href="http://goodfoodoxford.org/GFCF/RiskAssessment.pdf">goodfoodoxford.org/GFCF/RiskAssessment.pdf</a>
9	Final Planning Checklist	52 / 58	<a href="http://goodfoodoxford.org/GFCF/FinalPlanningChecklist.pdf">goodfoodoxford.org/GFCF/FinalPlanningChecklist.pdf</a>
10	Tools and Equipment Checklist	52 / 58	<a href="http://goodfoodoxford.org/GFCF/EquipmentChecklist.pdf">goodfoodoxford.org/GFCF/EquipmentChecklist.pdf</a>
11	Attendance Record	51 / 69	<a href="http://goodfoodoxford.org/GFCF/AttendanceRecord.pdf">goodfoodoxford.org/GFCF/AttendanceRecord.pdf</a>
12	Disclaimer Form (2 on A4)	67	<a href="http://goodfoodoxford.org/GFCF/DisclaimerForm.pdf">goodfoodoxford.org/GFCF/DisclaimerForm.pdf</a>
13	Initial Assessment	54 / 55	<a href="http://goodfoodoxford.org/GFCF/InitialAssessment.pdf">goodfoodoxford.org/GFCF/InitialAssessment.pdf</a>
15	End of Course Assessment	55	<a href="http://goodfoodoxford.org/GFCF/EndAssessment.pdf">goodfoodoxford.org/GFCF/EndAssessment.pdf</a>
17	Participant Evaluation Form	55 / 69	<a href="http://goodfoodoxford.org/GFCF/EvaluationForm.pdf">goodfoodoxford.org/GFCF/EvaluationForm.pdf</a>
18	Additional Resources	-	<a href="http://goodfoodoxford.org/GFCF/AdditionalResources.pdf">goodfoodoxford.org/GFCF/AdditionalResources.pdf</a>
1-19	ALL of these Resources together	-	<a href="http://goodfoodoxford.org/GFCF/Resources.pdf">goodfoodoxford.org/GFCF/Resources.pdf</a>

*These resources are available for you to reproduce, modify and use as much as you would like to.*

*Please think of the environment when you are printing out these resources. Could they be used electronically, filled in online, by email or discussed face to face? Please only print where necessary.*

# Finding the balance

...between healthy, affordable and sustainable foods

## Healthy

Use the Eatwell Guide

Eat from every food group every day

Five (fruit & veg portions) a day    Look at the label  
Healthy cooking methods    Choose fruit & vegetables  
Choose different parts of the plant    Snack healthily

Fresh veg

from food banks

Healthy Start Vouchers

Choose fresh, frozen or canned

Grow your own

fruit & vegetables

Buy wholegrains

Bake your own bread

Drink healthily

Avoid overeating

Alternatives to meat

Eat with the seasons

Correct portion sizes

Limit or avoid alcohol

Eat beans and pulses

Be Sugar Smart

Foraging

Share meals    Swap food

Use up leftovers

Meal planning

Buy in bulk

Buy food direct from producers

Buy items on offer

Ingredient swaps

Limit ingredients

Food banks

Buy Fairtrade

Animal welfare

Compost food waste

Ferment and preserve

Reduce packaging

Buy organic

Local food

## Sustainable



goodfoodoxford.org

This handy chart summarises many of the key food choices in this booklet.

We try to summarise which activities & foods can be healthy (orange), affordable (blue) and sustainable (green).

# The framework

Over the next two pages you will find the structure of the framework, which maps onto the topics covered in the Good Food Cooking Framework booklet.

The framework has the support of the Public Health Team at Oxfordshire County Council.

## Why follow the framework?

By ensuring that your cooking session or course meets a few key criteria, you will know that it is supported by the Public Health Team – so you can be sure that the messages you are sharing are balanced and suitable for a range of different groups.

The points-based scorecard system covers many aspects of healthy, affordable and sustainable food; as well as key cooking skills; Maths, English and ICT; and catering and specialist knowledge.

We are in the process of developing this into a recognised system of accreditation which could mean that in the future, following the framework will be of benefit for you in various ways:

- Commissioners, funders and participants will know that your session or course fulfils a certain high standard.
- You may be able to show on your promotional materials that your course is accredited.
- Extra promotion of your course may be available through Good Food Oxford and/or Live Well Oxfordshire.

## How do I use the framework?

First, read this booklet. Then compare your session or course plan with the checklist listed on the next 3 pages.

It's quite simple – if your session or course can cover enough of the required topics, skills and activities then it meets the criteria.

As we are in the process of developing this system, we would be grateful if you would be willing to send your resulting session or course plan to us, letting us know whether the framework has been of benefit to you.

Please email it to us with your feedback: [mail@goodfoodoxford.org](mailto:mail@goodfoodoxford.org)

## The Good Food Cooking Framework for Oxfordshire

Each topic or skill covered = 1 point.  
A total of 20 points need to be covered from each of the four sections (A, B, C, and D) in order for the session or course to meet the requirements of the framework.

### Section A

#### Food knowledge (8 points)

- 1 topic from **Healthy List**
  - 1 topic from **Sustainable List**
  - 1 topic from **Affordable List**
- Any 3 topics from these 3 lists:
- Healthy & Affordable**
  - Healthy & Sustainable**
  - Affordable & Sustainable**
- 1 from “**All Three**” List.
  - 1 for covering the **Eatwell Guide** which is essential.

### The Healthy List

- Eatwell Guide
- Eat from every food group, every day
- Five a day
- Drink plenty of fluids
- Look at the label
- Cooking methods
- Make room for fruit and veggies
- Choose different parts of the plant
- Snack healthily

### The Sustainable List

- Organic
- Local food
- Fairtrade
- Ferment and preserve
- Animal welfare
- Reduce packaging
- Compost food waste

#### How do we define ‘covering’ a topic?

The topic or skill is clearly explained to all participants ideally with a discussion, a demonstration and / or participation.

## Cooking Framework score-card

Section	Points needed
A) Food knowledge	8
B) Cooking skills	7
C) Catering knowledge	4
D) Specialist knowledge	1
	+
Total point required:	20

A total of 20 points need to be covered from each of the four sections in order for the session or course to meet the requirements of the framework.

### The Affordable List

- Buy items on offer
- Buy direct
- Buy in bulk
- Ingredient swaps
- Limit ingredients
- Food banks

### The Healthy & Sustainable List

- Choose wholegrains
- Bake bread
- Grow your own vegetables

### The Healthy & Affordable List

- Fresh, frozen and canned
- Healthy Start Vouchers
- Food banks (fresh vegetables)

### The Affordable & Sustainable List

- Share meals
- Swap food
- Meal planning
- Use up leftovers

### The “All Three” List (Healthy & Sustainable & Affordable)

- Correct portion sizes
- Avoid over-eating
- Be Sugar Smart
- Drinking healthily
- Limit or avoid alcohol
- Alternatives to meat
- Eat beans and pulses
- Eat with the seasons
- Foraging



**OXFORDSHIRE  
COUNTY COUNCIL**

## Section B

### Key skills (7 points)

- 4 topic from **Cooking Skills List**
- 1 topic from **Maths List**
- 1 topic from **English List**
- 1 topic from either the **Maths, English or ICT List**

### Cooking Skills List

- Follow a recipe
- Use a peeler
- Knife skills
- Use weighing scales
- Use a hob / oven / grill
- Steaming
- Stir fry
- Baking
- Roasting
- Making a sauce

### Maths List

- Calculate weights
- Calculate costs of ingredients
- Measure amounts
- Estimate calorific content
- Cooking times and temperatures
- Dealing with money to buy ingredients
- Selling cooked product

### English List

- Read a recipe in order to make it
- Read dietary guidelines
- Write a list of ingredients
- Write out your favourite recipe
- Discuss recipe ideas
- Talking and listening
- Make labels

### ICT List

- Search the internet to find a recipe with certain key ingredients
- Create bookmarked folder of recipes on computer
- Print off a recipe or email it to someone
- Type up a menu
- Take photos of finished menu items and upload them to a shared folder
- Download and use various useful apps such as Be Food Smart and Sugar Smart

## Section C

### Catering knowledge (4 points)

- 3 topics from **Food Hygiene List**
- 1 topic from **Other Catering List**

### Food Hygiene List

- Aprons
- Hairbands
- Handwashing
- Temperature controls
- Cross contamination
- Cleaning

### Other Catering List

- Cooking for children
- Fussy eating
- Breastfeeding
- Packed lunches
- Cooking for one

## Section D

### Specialist knowledge (1 point)

- 1 topic from **Specialist Knowledge List**

### Employment options

- Foundation Pathway
- Hospitality & Catering
- Food Hygiene Level 2
- Food Allergens Level 2
- Chef's Diploma
- Specialisms

### Mental wellbeing

- Eat regularly
- Good fats
- Eat protein
- Healthy gut
- Reduce caffeine
- Medication

### Health conditions

- Diabetes
- Heart disease
- Psychiatric medication
- Allergies
- Intolerances

### Healthy weight management

- What is a diet
- Refer to Achieve Oxfordshire

### Other

- You may have a culture-specific food skill or another aspect of food knowledge that you think helps promote a healthy, affordable and sustainable approach to food

### Cooking Framework scorecard

A total of 20 points need to be covered from each of the four sections in order for the session or course to meet the criteria of the framework.

Section	Points needed		
A) Food knowledge	8		
B) Cooking skills	7		
C) Catering knowledge	4		
D) Specialist knowledge	1	+	
<b>Total points required:</b>	<b>20</b>		

### Summary:

#### Using this framework

- 1 - Read the Framework booklet.
- 2 - Write a plan for your course including a list of all the skills and knowledge topics you will cover.
- 3 - Compare your list with the lists in this framework.
- 4 - If needed, consider adding a few more topics to your course in order to meet the criteria.
- 5 - For more information or help with this process please get in touch: [mail@goodfoodoxford.org](mailto:mail@goodfoodoxford.org)

# Initial Planning Checklist

Planning Steps	Suggested Time Frame	Expected Completion Date	Done!	Notes
Identify a <b>community partner</b> and talk to them about their <b>aims</b> for the session including target <b>audience</b> .	3 months before			
Determine if and how you will <b>evaluate</b> your session against your aims.	3 months before			
Choose a <b>date and time</b> for your session.	2 months before			
Choose a <b>location</b> for your session.	2 months before			
Decide on the <b>space practicalities</b> for your session – identify what equipment is available, decide on the maximum and minimum numbers to run your session.	2 months before			
Decide on the <b>theme</b> for your session and choose recipes and activities appropriate for your audience.	6 weeks before			
<b>Promote</b> your session.	1 month before			
Determine the number of <b>session leaders</b> and helpers needed and recruit them.	1 month before			
List what <b>foods</b> you need for your session.	3 weeks before			
Secure <b>resources</b> for purchasing foods and materials, and request supporting materials from the Health Promotion Unit.	3 weeks before			
Investigate whether you are covered for <b>liability</b> already. If not, make sufficient copies of a disclaimer for the sessions.	2 weeks before			
Complete a <b>Session Plan</b> or outline your anticipated sequence of events.	1 week before			
Run through the <b>roles &amp; responsibilities</b> with all involved parties.	3 days before			
Create (and print out) initial <b>assessments, evaluations</b> , and any other paper <b>materials</b> (check – do you need to print?).	1 day before			
Gather any <b>food, equipment, leaflets and other materials</b> you will be bringing. Plan your <b>travel</b> to and from the venue.	1 day before			

## Session Plan

Course title:		Tutor's name:	Session number:	Date:
Safeguarding:		Aims & Objectives:	Learning Outcomes:	
Links with Previous session / knowledge:		Differentiation strategies:	Equality, diversity & inclusion:	
Time	Content	Tutor Activity	Learner Activity	Resources
Homework:		Session Review:	Evaluation:	

## Session Plan EXAMPLE

Course title: Making Healthy Pizza		Tutor's name: John Smith		Session number: 3	Date: 18th June 2018
Safeguarding: Keep data confidential. Note any issues to be discussed / acted on later. Everyone behaves with respect and consideration to each other.		Aims & Objectives: Everyone learns how to make healthy pizza, using fresh, organic, seasonal and local ingredients. Also learn why shop-pizza is often unhealthy. Have fun too!		Learning Outcomes: People will know how to make healthy pizza. People will have made new friends. People will want to eat less supermarket / take away pizza.	
Links with Previous session / knowledge: We assume participants like pizza but want it to be healthy. We will try not to burn pizza like in session 2.		Differentiation strategies: Anyone struggling will get extra help from Marta. Also, people will work in pairs to be able to help each other.		Equality, diversity & inclusion: We will celebrate diversity like the variety of our pizza toppings. And anyone who is struggling will get extra attention from Marta.	
Time	Content	Tutor Activity	Participants Activity	Resources	
9am	Introduce John & Marta. Set out times & activities. Housekeeping.	Introduce ourselves.	Name & fave veg go-around. Listen. Know where to go if fire. Learn where loos are.	People Toilets	
9.30	Start discussion about why pizza is so tasty, affordable, easy and fun. Explain health risks from fats, meats etc.	Explain and ask questions, and guide answers.	Listen and contribute. Laugh at Marta's jokes. Learn about healthy pizza.	Our photos of great pizzas and lists of healthy and unhealthy food	
10am	Demonstrate making dough.	Demonstrate.	Watch and learn.	Ingredients aprons	
10.30	Everyone makes dough.	Help the unsure.	Wash hands, then make dough.	Sinks	
11.30	Everyone makes toppings.	Assist / hover. Switch on oven	Make toppings	Knives, veg	
Noon	Pizzas go into the oven!	Coordinate.	Queue for oven space, chat.	Oven	
12.20	<b>LUNCH!</b> With discussion about health, cost and sustainability of various ingredients.	Eat. Share. Explain and ask about sourcing ingredients.	Eat. Share. Listen and chat about sourcing ingredients.	Cutlery Chilli sauce Garlic sauce John's lists	
1pm	Washing up in turns.	Assist.	Wash up own plate and cutlery.	Sinks	
1.30	People fill in evaluation forms and then go home.	Sharpen pencils.	Fill in evaluation forms. Buy Marta's cook-book.	Forms and pencils	
2pm	We tidy up & go home.	Tidy & Pack up	Go home.	Bikes & boxes	
Homework: None. But all participants will forever be making delicious and HEALTHY pizza		Session Review: We had a great time! Many happy people ate great pizza and we all learned about sustainable sourcing		Evaluation: No problems. Costs covered plus small profit. Venue ideal. Booked for next three sessions.	



# Final Planning Checklist

Notes

Done

## Confirm with your community partner:

- Session date and time are final
- The session space will be cleared and made ready in advance
- The session space will have electricity and/or an oven (if applicable)

## Confirm for yourself:

- All materials and foods needed for the session are gathered or purchased
  - If possible, a site visit to the demo location has been conducted to familiarise yourself with:
    - Emergency exits
    - Toilets
    - Bins, food waste and recycling bins
    - Water source
    - Electrical outlets
    - Materials available on-site
    - Key contacts
- Advanced prep work for food is complete (e.g. if you are short of time, fruits and veggies are washed, canned veggies are rinsed)
- Photocopies of any handouts, recipes, disclaimers, initial assessments, evaluations, info sheets, flyers, or other forms being used at the session have been made for the expected number of attendees (environmental check – do you need to print? Perhaps these could be emailed and/or completed online?)
- Healthy / affordable / sustainable messages have been reviewed
- Cooking messages have been reviewed
- A Session Plan has been completed and reviewed
- Materials and flyers have been gathered to bring along

## Confirm with all session leaders or helpers:

- They know the date and time of the session
- They have directions to the space and know about transport, parking etc
- They know which tasks they are responsible for (e.g., which foods to prep)
- They know which sections of the session they will be leading (if applicable)

- 
- 
- 
- 
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## Welcome to this cooking session

## Attendance Record

So we can make sure everyone is safe and well-provided for, please can you complete these details which will be kept confidential. Please ask if you need any help.

**NB: PLEASE LET US KNOW IMMEDIATELY if you have been ill (diarrhoea / vomiting) in the last 48 hours.**

<p>1. Your <b>Name</b>: <input type="text"/></p> <p>2. Your <b>Postcode</b>: <input type="text"/></p> <p>3. Your <b>Contact Details</b> (phone and / or email): <input type="text"/></p> <p>4. Your <b>Dietary Needs</b> e.g. vegetarian, vegan: <input type="text"/></p> <p>5. Relevant <b>Allergies</b> or Medical Information: <input type="text"/></p> <p>6. Name of your <b>Emergency Contact Person</b>: <input type="text"/></p> <p>7. <b>Phone number</b> of your emergency contact person: <input type="text"/></p> <p>8. Please tick to select your <b>age</b> group: under 16   16 - 24   25 - 49   50 - 65   65 &amp; over <input type="checkbox"/>   <input type="checkbox"/>   <input type="checkbox"/>   <input type="checkbox"/>   <input type="checkbox"/></p> <p>9. Do you consider yourself to have a <b>disability</b>? YES <input type="checkbox"/> <input type="checkbox"/> NO</p> <p>10. Is there any specific <b>support</b> you would like? <input type="text"/></p> <p>11. <b>Gender</b> – please tick the appropriate box: Female <input type="checkbox"/> Male <input type="checkbox"/> Other <input type="checkbox"/></p>	<p>12. How would you describe your <b>ethnic origin</b>? <input type="text"/></p> <p>13. Are you currently... <input type="checkbox"/> Student                      <input type="checkbox"/> Unemployed <input type="checkbox"/> Homemaker                  <input type="checkbox"/> Retired <input type="checkbox"/> Employed full-time        <input type="checkbox"/> Employed part-time <input type="checkbox"/> Self-employed              <input type="checkbox"/> Self-employed part-time <input type="checkbox"/> Other: <input type="text"/></p> <p>14. Have you or anyone in your household participated in any of the following programmes in the last year? (tick all that apply) <input type="checkbox"/> In receipt of any state benefits <input type="checkbox"/> Healthy Start Vouchers <input type="checkbox"/> Community or free meals e.g. lunch club <input type="checkbox"/> Free or subsidised school breakfast <input type="checkbox"/> Free or subsidised school lunch <input type="checkbox"/> Formal food bank (voucher or referral) <input type="checkbox"/> Informal food bank (open access) <input type="checkbox"/> Free weight management programme <input type="checkbox"/> None of the above</p> <p>15. Would you like any <b>information</b> about any of the above? Please mark an 'X' after which one(s).</p> <p>16. Is there <b>anything else</b> you would like us to know: <input type="text"/></p>
--	--

For facilitator use:

Session Name:

Date:

Session led by:

Session Number:

Location:

Assisted by:

## Disclaimer

Please read, and if you agree to the statements, please tick the boxes, sign and date at the bottom of the page.

### Participation

I want to participate in this cooking session, and I recognise that it could present potential cooking hazards including cuts, burns, slips, falls, allergic reactions, and other injuries as a result of activities, food and equipment used.

I am 18 years old, or over.    **Date:**

**Name** (please print):

**Signature:**

### Media Release

I allow any use and reproduction of any photographs or videos taken of me and my child(ren) during my participation in this session. I understand that the organiser will own the photographs and videos and the right to use or reproduce them in any media, as well as the right to edit them or prepare derivative works, for the purposes of promotion, advertising, and public relations. I hereby consent to the use of my name, image, or voice, and I agree that such use will not result in any liability for payment to any person or organisation.

## Disclaimer

Please read, and if you agree to the statements, please tick the boxes, sign and date at the bottom of the page.

### Participation

I want to participate in this cooking session, and I recognise that it could present potential cooking hazards including cuts, burns, slips, falls, allergic reactions, and other injuries as a result of activities, food and equipment used.

I am 18 years old, or over.    **Date:**

**Name** (please print):

**Signature:**

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I allow any use and reproduction of any photographs or videos taken of me and my child(ren) during my participation in this session. I understand that the organiser will own the photographs and videos and the right to use or reproduce them in any media, as well as the right to edit them or prepare derivative works, for the purposes of promotion, advertising, and public relations. I hereby consent to the use of my name, image, or voice, and I agree that such use will not result in any liability for payment to any person or organisation.

# Initial Assessment

Thank you so much for taking part in this cooking session. So you can get what you would like from the course, please answer these questions. The answers will be kept confidential. Please ask if you need any help. Thank you!

Your initials: \_\_\_\_\_ Date: \_\_\_\_\_

Course name: \_\_\_\_\_

Location: \_\_\_\_\_

## 1. How did you hear about this course?

Please tick the box that applies.

- I saw a poster / leaflet
- I saw it on the internet / by email
- I saw another promotion: \_\_\_\_\_
- A friend or family member told me
- I was referred by my GP/ Practice Nurse/  
Health Visitor (Please circle which)
- Other (please state:)  
\_\_\_\_\_

## 2. What would you like to get out of the course?

Please tick any reasons that apply.

- To learn cooking skills
- To learn about healthy eating
- To learn about cooking on a budget
- To learn about reducing food waste
- To learn about more sustainable food
- To lose weight
- To control or improve a personal or family  
member's illness (e.g. diabetes or heart disease)
- Other (please state any other reasons)  
\_\_\_\_\_  
\_\_\_\_\_

## 3. Do you regularly prepare and cook family meals, (ie most days of the week) using either fresh, frozen or canned ingredients? (i.e. cooking from 'scratch' and not including ready meals)

- Yes     No

If NO or only 1-2 days a week please go to Question 4.

## 3a. If 'yes' how often, on average, do you cook from scratch?

- 7 days a week
- 5-6 days a week
- 3-4 days a week
- 1-2 days a week

## 3b. If you DON'T prepare and cook meals 'from scratch' at all, or only on just 1-2 days of the week, using different ingredients, is this because (please tick all that apply):

- You think the ingredients are too expensive
- You don't know recipes
- You don't have the cooking skills
- You don't feel confident to cook
- You don't have enough time
- Other (please state:)  
\_\_\_\_\_

## 4. Thinking about last week, how many days did you cook vegetables or prepare salads or fruit, using either fresh, frozen or canned ingredients? (Not including potatoes)

- 7 days a week
- 5-6 days a week
- 3-4 days a week
- 1-2 days a week
- 1-2 days a month
- Not at all

## 5. In an average week, how many days do you have a 'takeaway' meal? (e.g. a curry, Chinese meal, fish and chips, KFC, kebab, pizza)

- 7 days a week
- 5-6 days a week
- 3-4 days a week
- 1-2 days a week
- Not at all

6. In an average week, how many days do you have a ready prepared meal? (just heat and serve)

- 7 days a week
- 5-6 days a week
- 3-4 days a week
- 1-2 days a week
- Not at all

7. Do you like using salt for:

your 'cooking from scratch' or prepared meal?

- Yes
- No

adding to the food on your plate?

- Yes
- No

low salt alternative in cooking

- Yes
- No

low salt alternative for the food on your plate

- Yes
- No

8. In the last week, did you add any sugar to:

your cooking

- Yes
- No

food on the plate / in a bowl (e.g. cereal)

- Yes
- No

drinks (e.g. tea / coffee)

- Yes
- No

9. In the last week, how many sugar-sweetened drinks did you have? (e.g. cola, lemonade, etc.) \_\_\_\_\_

10. In the last week, did you cook using ghee or butter?

- Yes
- No

11. How confident do you feel about the cooking techniques listed below? Tick the right box below:

Very confident  
 Quite confident  
 Fairly confident  
 Not very confident  
 Not at all confident

- Where to find recipes
- How to buy the right ingredients
- How to follow a recipe
- How to weigh ingredients
- How to peel fruit / vegetables
- How to cut, chop or slice food
- How to mix or combine ingredients
- How to bake (e.g. cakes, crumbles)
- How to simmer or boil
- How to stir fry
- How to cook fish
- How to roast (e.g. vegetables)
- How long to cook food for
- How to store left-overs safely
- How to keep a kitchen clean & safe

12. Please let us know if there is anything specific you would like to get from the course:

Thank you for your contributions!

# End of Course Assessment

Thank you so much for taking part in this cooking session. So that we can make the course as useful as possible in the future, please answer these questions. The answers will be kept confidential. Please ask if you need any help. Thank you!

Your initials: \_\_\_\_\_ Date: \_\_\_\_\_

Course name: \_\_\_\_\_

Location: \_\_\_\_\_

1. Did you find the venue easy to get to?

- Yes       No

If no, why was this? \_\_\_\_\_

2. Did attending the course help you to achieve any of the following? Please tick all those that apply.

- To learn cooking skills  
 To learn about healthy eating  
 To learn about cooking on a budget  
 To learn about reducing food waste  
 To learn about more sustainable food  
 To control or improve a personal or family member's illness (e.g. diabetes or heart disease)  
 Other (please:)  
\_\_\_\_\_  
\_\_\_\_\_

3. Since the course, do you intend to regularly (i.e. most days of the week) prepare and cook family meals, using either fresh, frozen or canned ingredients? (i.e. cooking from 'scratch' and not including ready meals)

- Yes       No

If NO or only 1-2 days a week please go to Q3b

3a If 'yes' how often, on average?

- 7 days a week  
 5-6 days a week  
 3-4 days a week Go to Q4  
 1-2 days a week Go to Q3b

3b. If you DON'T intend to prepare and cook meals 'from scratch' at all, or only on just 1-2 days of the week, using different ingredients, is this because (please tick all that apply):

- You think the ingredients are too expensive  
 You don't know recipes  
 You don't have the cooking skills  
 You don't feel confident to cook  
 You don't have enough time  
 Other (please state):  
\_\_\_\_\_  
\_\_\_\_\_

4. Thinking about next week, how many times do you intend to cook vegetables or prepared salads or fruit, using either fresh, frozen or canned ingredients? (Not including potatoes)

- 7 days a week  
 5-6 days a week  
 3-4 days a week  
 1-2 days a week  
 Not at all

5. In an average week, how many times a week do you have a 'takeaway' meal? (e.g. a curry, Chinese meal, fish and chips, KFC, pizza).

- 7 days a week  
 5-6 days a week  
 3-4 days a week  
 1-2 days a week  
 Not at all

6. In an average week, how many days do you have a ready prepared meal? (just heat and serve)

- 7 days a week
- 5-6 days a week
- 3-4 days a week
- 1-2 days a week
- Not at all

7. Do you like using salt for:

your 'cooking from scratch' or prepared meal?

- Yes       No

adding to the food on your plate?

- Yes       No

low salt alternative in cooking

- Yes       No

low salt alternative for the food on your plate

- Yes       No

8. In the last week, did you add any sugar to:

your cooking

- Yes       No

food on the plate / in a bowl (e.g. cereal)

- Yes       No

drinks (e.g. tea / coffee)

- Yes       No

9. In the last week, how many sugar-sweetened drinks did you have? (e.g. cola, lemonade, etc.) \_\_\_\_\_

10. In the last week, did you cook using ghee or butter?

- Yes       No

12. Please let us know if there is anything specific you have got from the course:

11. How confident do you feel about the cooking techniques listed below? Tick the right box below:

Very confident  
Quite confident  
Fairly confident  
Not very confident  
Not at all confident

- |                          |                          |                          |                          |                          |                                    |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|------------------------------------|
| <input type="checkbox"/> | Where to find recipes              |
| <input type="checkbox"/> | How to buy the right ingredients   |
| <input type="checkbox"/> | How to follow a recipe             |
| <input type="checkbox"/> | How to weigh ingredients           |
| <input type="checkbox"/> | How to peel fruit / vegetables     |
| <input type="checkbox"/> | How to cut, chop or slice food     |
| <input type="checkbox"/> | How to mix or combine ingredients  |
| <input type="checkbox"/> | How to bake (e.g. cakes, crumbles) |
| <input type="checkbox"/> | How to simmer or boil              |
| <input type="checkbox"/> | How to stir fry                    |
| <input type="checkbox"/> | How to cook fish                   |
| <input type="checkbox"/> | How to roast (e.g. vegetables)     |
| <input type="checkbox"/> | How long to cook food for          |
| <input type="checkbox"/> | How to store left-overs safely     |
| <input type="checkbox"/> | How to keep a kitchen clean & safe |

Thank you for your contributions!

# Participant Evaluation Form

## OPTIONAL

Your initials: \_\_\_\_\_ Date: \_\_\_\_\_

Course name: \_\_\_\_\_

Location: \_\_\_\_\_

**We hope you enjoyed the session and found it useful.**

Please take a few moments to answer these questions.

Your responses are completely confidential.

1. Please give this session an overall rating:

Excellent    Good    Fair    Poor  
           

2. Please give the session leader an overall rating:

Excellent    Good    Fair    Poor  
           

3. What did you most like about the session?

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4. What did you least like about the session?

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5. What could we change to improve the session?

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6. Would you consider attending another cooking session in the future?

Yes                      No                      Maybe

7. Use the space below to leave any messages or comments for the session leader.

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*Thank you for completing this evaluation.*

# Additional Resources

## Health Promotion Resources

### Public Health Promotion Resource Unit

<https://hpu.oxfordhealth.nhs.uk>

Based in Littlemore, lots of free resources available to borrow for collection. All resources listed online.

### Oxfordshire County Council Live Well resources

<https://livewell.oxfordshire.gov.uk/>

## Food Safety - Personal Cleanliness, Safe Food Handling & Serving

For information on training courses for people who want to take learning further by getting a formal qualification.

Food Hygiene Level 1, 2 and 3:

[https://www.oxford.gov.uk/info/20055/food\\_safety/447/food\\_safety\\_training\\_programme](https://www.oxford.gov.uk/info/20055/food_safety/447/food_safety_training_programme)

## Health & Safety and Personal Safety

More information on health & safety in the South East:

<http://www.hse.gov.uk/contact/maps/eastsoutheast.htm>

## Disclosure and Barring Service:

<https://www.gov.uk/government/organisations/disclosure-and-barring-service>

These can only be carried out by umbrella organisations – you can find Oxfordshire ones online: <https://www.gov.uk/find-dbs-umbrella-body>

## Food Assistance

### School Breakfast Clubs and Holiday Meal Programmes

Information on schools with Breakfast Clubs:

<https://www.oxfordshire.gov.uk/cms/content/out-school-clubs-and-holiday-playschemes>

### Free School Lunches

Information on which children are eligible for free school meals:

<https://www.oxfordshire.gov.uk/cms/content/school-meals>

### Healthy Start Vouchers

Information on the Healthy Start Voucher scheme which offers vouchers for fruit, vegetables and milk to some parents:

<https://www.healthystart.nhs.uk/>

Useful guidance on how to use Healthy Start Vouchers, including recipes:

[http://www.firststepsnutrition.org/newpages/HealthyStart/healthystart\\_resource.html](http://www.firststepsnutrition.org/newpages/HealthyStart/healthystart_resource.html)

## Food Banks, Lunch Clubs and other Sources of Food Assistance

This Oxford City Council-supported maps and database provides information on more than 30 charities and community groups around Oxford offering free and subsidized food and meals:

<https://www.oxford.gov.uk/foodservicesmap>

## Advice Centres

**Citizens Advice Oxfordshire** list of local services:

<https://www.caox.org.uk/local-services>

**Advice Oxford** is an information service about all Advice Centres in Oxford: <http://adviceoxford.org.uk/>

## Useful National Resources

**NHS Choices:** <http://www.nhs.uk/pages/home.aspx>

**One You:** <https://www.nhs.uk/oneyou/eating>

**British Heart Foundation:** <https://www.bhf.org.uk>

**Department of Health:**

<https://www.gov.uk/government/organisations/department-of-health>

**NHS Behind the Headlines:**

<http://www.nhsinform.co.uk/behind-the-headlines>

**Change for Life:** <https://change4life.co.uk>

**SUGAR SMART:** <https://www.sugarsmartuk.org>

**Love Food Hate Waste:** <https://www.lovefoodhatewaste.com/>

**Love Food Hate Waste Save More:**

<http://www.wrap.org.uk/savemore>

**The Award in Education and Training** (Revised Edition), Ann Gravells (2014) A useful publication to deepen understanding of Adult Education

## General Health

### Here for Health

Patient drop in service for information and advice on obtaining a healthier lifestyle. Tel: 01865 221429 Website:

<http://www.ouh.nhs.uk/patient-guide/here-for-health/default.aspx>

## Healthy Eating

### Achieve Oxfordshire

Free healthy weight management support for anyone with a BMI of 30+, if they are referred by their GP. Anyone from an Asian background with a BMI of 23+, or anyone with other health complaints with a BMI of 27.5+, can also be referred. This includes free access to Weight Watchers, Slimming World, or Man vs. Fat Football.

<https://achieveoxfordshire.org.uk/>

### Cotswold House

Cotswold House is an award winning specialist adult eating disorders service. Tel: 01865 902607 Website:

<http://www.cotswoldhouse.nhs.uk/our-services/>

### NHS Weight Loss Plan

Develop healthier eating habits and get more active with their 12-week diet and exercise plan. Website:

[www.nhs.uk/LiveWell/healthy-eating/Pages/Healthyeating.aspx](http://www.nhs.uk/LiveWell/healthy-eating/Pages/Healthyeating.aspx)

## Oral Health

### CDS (Community Dental Services)

They care for some of the most vulnerable in society and their highly experienced team pride themselves on being able to deal with almost any dental emergency or condition which comes through their doors. Tel: 01865 297802 Website:

<http://communitydentalservices.co.uk/>

## Alcohol

### Local Services

#### Aspire

Aspire is creating more and more work opportunities for people facing barriers to employment. Tel: 01865 204450 Email:

[info@aspireoxford.co.uk](mailto:info@aspireoxford.co.uk) Website:

<http://www.aspireoxford.co.uk/>

#### CAN

We aim to provide information, education, advice and treatment to young people in relation to drug and alcohol use. Tel: 01604 824777 Website:

<http://can.org.uk/>

#### Turning Point: Roads to Recovery

For advice and information on drug and alcohol services for adults aged 18 and over. Tel: 0300 0134 776 Rectory Centre, Rectory Road, Oxford. OX4 1BU Email: [oxfordshire@turning-point.co.uk](mailto:oxfordshire@turning-point.co.uk)

Website: [www.turning-point.co.uk](http://www.turning-point.co.uk)

#### SMART Howard House

Residential treatment with SMART provides a safe, caring and therapeutic environment for those needing a bit of extra support. Tel: 0300 0134 776 Website:

<http://www.smartcjs.org.uk/contact-us/shh/>

## National Services

### Alcoholics Anonymous

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Tel: 0800 9177 650 Email: [help@alcoholics-anonymous.org.uk](mailto:help@alcoholics-anonymous.org.uk)

Website: <http://www.alcoholics-anonymous.org.uk/>

### Addaction

A UK-wide treatment agency that helps individuals, families and communities to manage the effects of drug and alcohol misuse.

Website: <http://www.addaction.org.uk/>

### Adfam

A national charity working with families affected by drugs and alcohol. Adfam operates an online message board and database of local support groups. Tel: 020 7553 7640

Website: <http://www.adfam.org.uk/>

### Al-Anon Family Groups

Offer support and understanding to the families and friends of problem drinkers, whether they're still drinking or not.

Tel: 020 7403 0888 Website: <http://www.al-anonuk.org.uk/>

### The National Association for Children of Alcoholics (Nacoa)

It provides a free, confidential telephone and email helpline for children of alcohol-dependent parents and others concerned with their welfare. Tel: 0800 358 3456

Website: <http://www.nacoa.org.uk/>

### Turning Point

For advice and information on drug and alcohol services for adults aged 18 and over. Tel: 020 7481 7600 Website:

<http://www.turning-point.co.uk/>