

ID: .....

# Greater Glasgow & Clyde

## Cooking class

### Post questionnaire

Congratulations on completing the cooking course!

To help evaluate the course we have a few questions we would be grateful if you could answer. Remember, there are no right or wrong answers.

### About the course

What 2 things have you started to do at home as a result of attending this course?

1.

2.

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

Is there anything else you would like to tell on how the course helped you and your family?

# A typical week in our family

These questions ask about a typical week for you and your children. For each statement tick which one best fits at the moment. Don't worry, there are no right or wrong answers - just answer to the best of your knowledge.

## As a family...

1. We eat meals together

Never or less  
than once a  
week

Once a week

2-4 times  
a week

5-6 times  
a week

Once a  
day

Twice a day  
or more



2. We eat takeaways and fast food e.g. chips, indian, pizza, McDonalds



3. We eat ready made meals bought from the shops



4. We buy ingredients and cook from scratch



## My child/children...

5. They drink water or squash with no added sugar



6. Drinks full sugar soft drinks and energy drinks e.g. Coke, Irn Bru, Lucozade, Ribena, fruit shoots (This does not include sugar free or 'diet' drinks)



7. They eat breakfast everyday



8. They eat crisps and savoury snacks



9. They eat biscuits



10. They eat sweets and chocolate



11. They eat cakes, pudding and pastries



12. They eat chips or potatoes that have been fried or roasted



13. They eat sausages, sausage rolls, meat pies and pastries



14. I think my child/childrens portion sizes are...



Too Big



Just right



Too small

15. How many portions of fruit does your child/children have everyday?



16. How many portions of vegetables does your child/children have everyday?



17. How much regular soft drink does your child/children typically drink at a time?



None



330ml Can



500ml bottle



2L bottle



Small glass

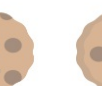


Average glass



Pint glass

18. How many biscuits is a typical portion for my child/children?



19. What does a typical breakfast look like for your child/children?



Sugar coated or chocolate cereal e.g. coco pop, frosties, honey nut



Non sugar coating or chocolate cereals e.g. rice krispies, cornflakes



low sugar cereal e.g. porridge, weetabix or shredded wheat



Toast with low fat spread, eggs, etc



Toast with butter, jam, chocolate spread or peanut butter etc

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

Calories

☐ Yes ☐ No

Fat

☐ Yes ☐ No

Sugar

☐ Yes ☐ No

Ingredients list

☐ Yes ☐ No

OUR NUTRITIONAL INFORMATION		
	Typical value per 100g	Per 30g serving
ENERGY	1604 kJ 378kcal	481 kJ 113 kcal
FAT	0.9 g	0.3 g
of which saturates	0.2 g	0.1 g
CARBOHYDRATES	84 g	25 g
of which sugars	8 g	2.4 g
FIBRE	3 g	0.9 g
PROTEIN		

Portion Size

☐ Yes ☐ No

## OUR RECIPE

**INGREDIENTS:** Maize, Sugar, Barley Malt Flavouring, Salt.

