**Cooking Skills and Food Skills Questionnaire**

Please rate at what level you feel you are for each skill, on a scale of 1–7, where 1 is very poor and 7 is very good.

If you do not use a certain skill, you can write ‘never do it’ or ‘rarely do it’.

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| **Cooking skills** | **Rate (1-7)** |
| **Cooking Methods** |  |
| 1. ‘Chopping, mixing and stirring foods, for example chopping vegetables, dicing an onion, cubing meat, mixing and stirring food together in a pot/bowl’ |  |
| 2. ‘Blending foods to make them smooth, like soups or sauces’ (using a whisk/blender/food processor etc.) |  |
| 3. Steaming food (where the food doesn’t touch the water but gets cooked by the steam) |  |
| 4. Boiling or simmering food (cooking it in a pan of hot, boiling/bubbling water) |  |
| 5. Stewing food (cooking it for a long time (usually more than an hour) in a liquid or sauce at a medium heat, not boiling) e.g., beef stew |  |
| 6. Roasting food in the oven, for example raw meat/chicken, fish, vegetables etc. |  |
| 7. Frying/stir-frying food in a frying pan/wok with oil or fat using the hob/gas rings/hot plates |  |
| 8. Microwaving food (not drinks/liquid) including heating ready meals |  |
| **Food Preparation Techniques** |  |
| 9. Baking goods such as cakes, buns, cupcakes, scones, bread etc., using basic/raw ingredients or mixes |  |
| 10. Peeling and chopping vegetables (including potatoes, carrots, onions, broccoli) |  |
| 11. Preparing and cook raw meat/poultry |  |
| 12. Preparing and cook raw fish |  |
| 13. Making sauces and gravy from scratch (no ready-made jars, pastes or granules) |  |
| 14. Using herbs and spices to flavour dishes |  |
| **Food skills** |  |
| **Meal Planning and Preparing** |  |
| 1. Planning meals ahead (e.g., for the day/week ahead) |  |
| 2. Preparing meals in advance e.g., packed lunch, partly preparing a meal in advance |  |
| 3. Following recipes when cooking |  |
| **Shopping** |  |
| 4. Shopping with a grocery list |  |
| 5. Shopping with specific meals in mind |  |
| 6. Planning how much food to buy |  |
| **Budgeting** |  |
| 7. Comparing prices before you buy food |  |
| 8. Knowing what budget you have to spend on food |  |
| 9. Buying food in season to save money |  |
| 10. Buying cheaper cuts of meat to save money |  |
| **Resourcefulness** |  |
| 11. Cooking more or double recipes which can be used for another meal |  |
| 12. Preparing or cooking a healthy meal with only few ingredients on hand |  |
| 13. Preparing or cooking a meal with limited time |  |
| 14. Using leftovers to create another meal |  |
| 15. Keeping basic items in your cupboard for putting meals together? e.g., herbs/spices, dried/tinned goods |  |
| **Label reading/consumer awareness** |  |
| 16. Reading the best-before date on food |  |
| 17. Reading the storage and use-by information on food packets |  |
| 18. Reading the nutrition information on food labels |  |
| 19. Balancing meals based on nutrition advice on what is healthy |  |

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| **Terms** | **Definitions** |
| Cooking skills | A set of physical or mechanical skills used in the production of a meal encompassing cooking methods (e.g., boiling) and food preparation techniques (e.g., peeling a vegetable), in addition to this they are also said to include conceptual and perceptual skills such as understanding the transformation food undergoes when heat is applied, i.e., knowing that chicken is fully cooked from its colour. |
| Food skills | The knowledge and skills to be able to select and prepare food with the available resources, to produce a nutritionally balanced, age appropriate and satisfying meals for those that are consuming it, this includes meal planning, shopping, budgeting, resourcefulness, and label reading. These skills are essential to prepare a meal in the home environment. |

**Source**

Lavelle, F., McGowan, L., Hollywood, L., Surgenor, D., McCloat, A., & Mooney, E. et al. (2017). The development and validation of measures to assess cooking skills and food skills. *International Journal Of Behavioral Nutrition And Physical Activity*, *14*(1). doi: [10.1186/s12966-017-0575-y](https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-017-0575-y)