**Agreed Core outcomes from cooking skills courses.**

Choose one or more outcomes. Choose one or more indicator from each chosen outcomes relevant to your work/participant group, and use this to measure if the outcome has been achieved. (Comparing baseline with end of course, and follow-up evaluation measures)

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| Outcome | Indicators |
| Participants have improved cooking skills | Has successfully completed Royal Environmental Health Institute of Scotland ([REHIS) Elementary cooking skills course](http://www.rehis.com/community-training/courses/course/elementary-cooking-skills-course) OR separate cooking skills objectives from course, i.e.: * Level of understanding of safe use of cooking equipment
* Level of ability to prepare foods, such as chopping, peeling and grating.
* Level of ability to follow written, verbal or pictorial recipes correctly
* Level of ability to adapt recipes
* Level of ability to weigh and measure food using cup and spoon or / and scales/ measuring jug
* Level of understanding of and/or ability to use a range of cooking methods such as baking or frying
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| Participants have an improved knowledge of what is a balanced and safe diet | * Level of understanding of food labelling
* Level of understanding of food safety/personal hygiene
* Level of improved demonstration of food safety (or [REHIS food hygiene accreditation)](http://www.rehis.com/community-training/courses/course/elementary-cooking-skills-course)
* Level of understanding of nutrition
* Level of ability to adapt meals/ recipes to make them have less fat/salt/sugar – more veg/fruit/fibre rich foods/oily fish.
* Level of understanding of the eatwell plate
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| Participants eat a more balanced diet | * Number of take away meals/ ready meals eaten
* Amount of fruit and veg eaten
* Amount of oily fish eaten
* Nature of snacks
* Amount of salt, sugar, soft drinks consumed
* Amount of foods high in fibre eaten
* Amount of foods high in fat/ sat fat eaten
* Nature and types of food consumed
* Have reduced weight (if overweight)
* Have gained weight (if underweight)
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| Participants engage in groups or social activities more often  | * Number of times eat together
* Nature and extent of involvement in other groups/volunteering/courses or activities
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| Participants have increased their skills on how to plan to eat a balanced diet given their personal circumstances or context of their lives  | * Level of confidence to manage for family or self to maintain a heathy balanced diet/ eat regularly all week
* Number of times plan menus or write shopping lists
* Number of times make safe use of left over foods or freeze portions for later use
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