



Social cooking project 2011-2013  
Appendix 10

# FOOD CHECKLIST

**FIGHT  
FOR EVERY  
HEARTBEAT**

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England and Wales (225971) and in Scotland (SC039426)

# FOOD CHECKLIST

Name of Place of Worship (Pow): \_\_\_\_\_

Date: \_\_\_\_\_

**When are you completing this form? (please tick which phase):**

Phase 1 evaluation

Phase 2 evaluation

## Food procurement

**Are the foods listed below:**

- Purchased regularly by the PoW? (P)  
(Please state where purchased)
- Donated regularly? (D)
- Made from scratch at the PoW? (M)
- Other – please specify? (O)

Write (P), (D), (M), (O) in the boxes below or specify as requested.

FOOD	YES	NO	DON'T KNOW	OCCASIONALLY	WHERE PURCHASED
Salt					
Herbs, spices					
Curry pastes/sauces					
Pickles, chutneys					
Tinned beans – in brine					
Tinned beans – in water					
Whole milk					
Semi-skimmed milk					
Skimmed milk					
Plain yoghurt – full fat					
Plain yoghurt – low fat					
Double cream					
Single cream					
Full fat cheese, eg, paneer					
Other:					
Low fat cheese, eg, Low fat cottage cheese					
Other:					
Ghee (dairy)					
Ghee (vegetable)					
Butter					

# FOOD CHECKLIST

Unsaturated oils, eg, corn, sunflower, olive, rapeseed					
Unsaturated spread, eg, Flora, olive oil based spreads, polyunsaturated spread					
Palm oil					
Coconut oil					
Coconut cream – powder					
Coconut cream – liquid in tin					
Fresh coconut for chutney					
Dry coconut – desiccated					
Indian sweets (mithai)					
Fried snacks, eg, chevda, samosa, bhajia					
Confectionary items (please tick): <input type="checkbox"/> Cakes <input type="checkbox"/> Pastry <input type="checkbox"/> Ice cream <input type="checkbox"/> Biscuits					

## Food frequency

How frequently are the listed foods used?

FOOD	EVERYDAY	AT WEEKENDS	2-3 TIMES A WEEK	ONCE A MONTH
Milk puddings				
Cream				
Dishes with creamy/ coconut sauces, eg, korma				
Paneer (full fat cheese)				
Ghee				
Butter				
Unsaturated oils				
Unsaturated spread				

# FOOD CHECKLIST

Palm oil				
Coconut oil				
Coconut cream				
Indian sweets (mithai)				
Fried snacks, eg, samosa, pakora, bhajia, chevda				
Confectionary items (please tick): <input type="checkbox"/> Cakes <input type="checkbox"/> Pastry <input type="checkbox"/> Ice cream <input type="checkbox"/> Biscuits <input type="checkbox"/> Chocolate  Other:				
Chapati				
Puris				
Parathas				

## Cooking practices

FOOD PREPARATION	YES, ALWAYS	SOMETIMES	NO	DON'T KNOW	OBSERVED/ REPORTED	IF MEASURED, PLEASE NOTE AMOUNT
Salt added to meals is measured out						
Herbs and spices added to meals are measured out						
Dried herbs and spices/prepared curry seasonings are used to replace some salt for cooking						
Fresh herbs and spices are used to replace some salt for cooking						
Salt is added to homemade chutneys and pickles						
Salt is added when making chapati/roti dough						

# FOOD CHECKLIST

Oil and fat added to meals is measured out						
Oil or unsaturated spreading fats have totally replaced butter/ghee						
Butter/ghee is replaced in part with oil for cooking						
Ghee is added when making chapati/roti dough						
Butter/ghee is spread onto cooked breads before serving, eg, chapati, naan						
<b>COOKING METHOD</b>						
Butter/ghee is added when cooking rice dishes						
Salt is added when cooking rice dishes						
Salt is added when cooking pulse curries (lentil dhal, chickpea)						
Salt is added when cooking vegetable curries						
Fat is skimmed from cooked dishes						
Deep fried foods like samosas are prepared on site						
Creamy sauces used in cooking, eg, korma						
Making/using pastry						
Shallow frying. eg, paratha						
Steam cooking, eg, dhokra/muthiya/patra						
Food cooked in oven – handava						
Serving of foods						
Oily pickles are served with meals						
Ready made chutneys and pickles are served with meals						

