



Social cooking project 2011-2013  
Appendix 6

# PHASE 1 EVALUATION QUESTIONNAIRE

**FIGHT  
FOR EVERY  
HEARTBEAT**

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

# PHASE I EVALUATION QUESTIONNAIRE

We're conducting a survey on people's eating habits and we would really appreciate your views. This questionnaire will only take around five minutes to complete. Please mark your answers with an X. Thank you for your time.

## 1. Gender

Male  Female

## 2. Which age bracket do you fit into?

Under 16  16-24  25-34  35-44  
 45-54  55-64  65-74  75+

## 3. Occupational status

Working full time  Working part-time  Student/full time education  Homemaker  
 Unemployed  Retired  Other

## 4. How long have you been attending the mandir/gurdwara?

Less than 6 months  Between 6-12 months  Between 1-3 years  Between 3-6 years  
 Between 6-10 years  10 years +

## 5. When you cook or eat a meal at home, how important are the following?

(Using a scale of 1-5, with 1 being 'not important at all' and 5 being 'very important'.)

	1	2	3	4	5
The food is convenient to prepare or eat					
The recipe is culturally traditional or authentic					
The meal is made with healthy ingredients					
The meal is tasty					
The food is low cost					

## 6. How regularly do you do the following when you're cooking or eating at home?

	Everyday	2-3 days a week	4-6 days a week	Once a week	Less often	Never
Eat or cook with butter or ghee						
Use salt in your food						
Eat or prepare fruit						
Eat or prepare vegetables						

# PHASE I EVALUATION QUESTIONNAIRE

**Q7. To what extent do you agree with the following statements?**

(Using a scale of 1–5, with 1 being 'definitely disagree' and 5 being 'definitely agree'.)

	1	2	3	4	5
I generally think of my heart and eat healthy food whenever I can					
I'm aware that eating food high in saturated fat (such as ghee or cheese) is dangerous for my heart					
I'm aware that too much salt can lead to high blood pressure					

**8. Do you ever bring food to donate to the mandir/gurdwara?**

Yes  No

**9. What kind of food do you bring to the mandir/gurdwara? (Tick all that apply)**

- |   |   |
|---|---|
| <input type="checkbox"/> Whole milk   | <input type="checkbox"/> Semi-skimmed milk                                |
| <input type="checkbox"/> Skimmed milk   | <input type="checkbox"/> Plain yoghurt – full fat                         |
| <input type="checkbox"/> Plain yoghurt – low fat                                | <input type="checkbox"/> Double cream                                     |
| <input type="checkbox"/> Vegetables   | <input type="checkbox"/> Fried snacks (eg, chevda, samosa, bhajia)        |
| <input type="checkbox"/> Fruit  | <input type="checkbox"/> Pulses   |
| <input type="checkbox"/> Full fat cheese (eg, paneer)                           | <input type="checkbox"/> Rice   |
| <input type="checkbox"/> Low fat cheese (eg, low fat cottage cheese)            | <input type="checkbox"/> Ghee (vegetable)                                 |
| <input type="checkbox"/> Ghee (dairy)   | <input type="checkbox"/> Corn oil, sunflower oil, olive oil, rapeseed oil |
| <input type="checkbox"/> Butter   | <input type="checkbox"/> Palm oil   |
| <input type="checkbox"/> Flora, olive oil based spreads, polyunsaturated spread | <input type="checkbox"/> Coconut cream – powder                           |
| <input type="checkbox"/> Coconut oil  | <input type="checkbox"/> Fresh coconut for chutney                        |
| <input type="checkbox"/> Coconut cream – liquid in tin                          | <input type="checkbox"/> Indian sweets (mithai)                           |
| <input type="checkbox"/> Dry coconut – desiccated                               | <input type="checkbox"/> Other (please specify)                           |

# PHASE I EVALUATION QUESTIONNAIRE

**Q10. The British Heart Foundation (BHF) is working with your mandir/gurdwara to help reduce the salt and saturated fat in the congregation's food. To what extent do you agree with the following statements?**

(Using a scale of 1–5, with 1 being 'definitely disagree' and 5 being 'definitely agree'.)

	1	2	3	4	5
It's a good idea to serve food that's lower in salt and saturated fat					
Reducing the salt and saturated fat in the food means it will be less tasty					
Reducing the salt or saturated fat in the congregation food will make the food less culturally authentic					

**11. Do you have any of the following conditions? (Tick all that apply)**

- High blood pressure       Heart disease       Angina       Diabetes  
 High cholesterol       Overweight/obesity       No       Don't know  
 I prefer not to say

**12. Finally, Please give us any comments or views you have on the BHF's initiative to reduce saturated fat and salt in food served to your congregation?**

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## Optional

We may wish to contact you in the future to complete a short follow up questionnaire. If you are happy to take part, please give us your contact details below. Your details will only be used for the purpose of our research and will not be passed on to any other parties. Thank you for your time.

First name: \_\_\_\_\_ Surname: \_\_\_\_\_

Email: \_\_\_\_\_ Telephone: \_\_\_\_\_