



Social cooking project 2011-2013  
Appendix 7

# PHASE 2 EVALUATION QUESTIONNAIRE

**FIGHT  
FOR EVERY  
HEARTBEAT**

[bhf.org.uk](http://bhf.org.uk)

©British Heart Foundation 2014, registered charity in  
England and Wales (225971) and in Scotland (SC039426)

# PHASE 2 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. Do you ever bring food to donate to the mandir/gurdwara?

- Yes  No

## 6. 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)                           |

## 7. The British Heart Foundation (BHF) has been working with the cooks at this mandir/gurdwara to create healthier food for those attending. Are you aware of the BHF initiative?

- Yes  No

## 8. What changes, if any, have you noticed in the overall taste of the food at the mandir/gurdwara since the BHF started the initiative in January 2012?

- It's a lot more tasty  It's a little more tasty  It tastes the same  It's a little less tasty  
 It's a lot less tasty  Don't know

# PHASE 2 EVALUATION QUESTIONNAIRE

**9. Have you noticed any changes in the level of salt, fat and sugar in the food at your mandir/gurdwara since the BHF started its initiative?**

(Please specify whether you think there is more or less in the food that is served)

	More	The same	Less	Don't know
Salt				
Fat				
Sugar				

**10. If you have noticed a change in the meals served at the mandir/gurdwara recently, has this prompted you to change the way you eat at home?**

Yes  No

If yes, please specify:

---

---

---

**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?**

---

---

---

---

**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: \_\_\_\_\_