



Social cooking project 2011-2013
Appendix 9

PHASE 3 EVALUATION FINAL FOCUS GROUP TOPIC GUIDE

**FIGHT
FOR EVERY
HEARTBEAT**

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PHASE 3 EVALUATION FINAL FOCUS GROUP TOPIC GUIDE

TOPIC	WHAT WE NEED TO KNOW	QUESTIONS TO ASK
Information on recall of basic health messages.	<p>We want to know whether the cooks can recall the basic messages provided by the Dietitian about salt and saturated fat.</p> <p>The information provides the justification for undertaking the project, so it's important that they can remember them.</p>	Can you remember what the Dietitian said about the effect of salt and saturated fat on health?
Information on cooks' attitudes to making the changes.	A major issue was how salt could be reduced in cooking. We want to know the cooks' personal opinions about salt in cooking.	What do you think about the taste of the cooking with less salt?
	We want to know about any perceived religious/cultural barriers to salt/saturated fat, eg, salt, ghee, now the project has come to an end.	Do you feel that any perceived religious/cultural barriers to salt/saturated fat have changed during the project?
How was the process of reducing salt and saturated fat for the cooks?	A major issue was how salt could be reduced in cooking. We want to know what practical problems were encountered during the project and how they were overcome – this is important.	How easy or difficult did you find cooking with less salt?
		How were the difficulties overcome?
	Reducing fat/saturated fat seemed to be an easier change to make in the PoW.	Was reducing the amount of fat and using less ghee an easier change easier to make? Why?
	How was the actual experience compared to the initial expectation of making changes to the way food was cooked and prepared in the PoW? This will give insight into whether or not the change can be maintained.	What was making the changes like?
	Is the change sustainable?	How capable do you feel about keeping up the changes in the long term now the project has finished?
Information on how the cooking team coped with making changes.	How do the cooks believe their team coped with the project? Respondents may be unwilling to divulge their feelings about others.	How did the cooking team feel about cooking with less salt and saturated fat at the beginning of the project?
		Do you think that everyone was able to carry out the Dietitian's recommendations?
		How do you think the cooking team feels about the changes now?

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TOPIC	WHAT WE NEED TO KNOW	QUESTIONS TO ASK
Information on working with/support from management and congregation.	We want to know about the cooks' perception of the other stakeholders' opinions of the changes made to the food.	What do you think the management committee and congregation feel about the change to lower salt and saturated fat now?
	We want to know the impact the change in donation practices had on the cooking. Did the cooks see the healthier donations as an endorsement of the project by the committee and congregation?	Did the healthier foods donated make the changes to cooking healthier meals easier?
What has been the impact on the cooks' food preparation at home?	We want to know whether the cooks understand the health implications of the project.	Who in your family, at home, could benefit from lower salt and saturated fat in cooking?
	We want to know if any changes have been made at home.	What changes have you made to your cooking at home as a result of this project?
	Have any changes been acceptable to those who've eaten the food?	What has been the reaction of your family and friends?
	Is the change sustainable?	How capable do you feel about keeping up the changes at home in the long term?
Information on using the nutritional analysis.	Was the nutritional analysis valuable to the cooks?	Did you find the nutritional analysis helped you make changes?