

Observation checklist for COOKING WORKSHOPS

Do not forget to start timing the sessions from the point when the activity starts.

1 Section 1

- 1.1. Name of school:
- 1.2. Name of researcher:
- 1.3. Class being observed:
- 1.4. Date:
- 1.5. Time of arrival and departure:

2 Section 2

- 2.1. Were you welcomed by the class teacher/other staff? YES NO
- 2.2. Were the children pleased to see you? YES NO

2.2.1. Comments

3 Section 3

- 3.1. Description and start time of workshop session
(e.g. 0910, after registration)
- 3.2. Duration of the workshop (mins)

3.2.1. Other / comments:

3.3. If it is teacher led, if known report their name and role
(e.g. Mrs Jones, Yr 2 teacher)

3.4. Is the teacher using powerpoint slides? Yes No

3.5. Number of staff helping in the workshop

3.6. Number of children in workshop

3.7. Number of parents in workshop

3.8. Number of child helpers (e.g. year 6)

3.9. Did the children complete the full session (i.e not interrupted)

Yes

No

3.9.1. Comments:

Content of the session, did the following take place:

3.10. Information: Why is it important to have a healthy breakfast?

Yes

No

3.11. Information: What breakfast will keep us fuller for longer?

Yes

No

3.12. Activity: Which food will keep us fuller for longer?

Yes

No

3.13. Information: Maximum daily intakes of sugar?

Yes

No

3.14. Activity: How much sugar is there in certain foods?

Yes

No

3.15. Information: How to reduce fat intake at breakfast?

Yes

No

3.16. Activity: Breakfast foods, treat or every day?

Yes

No

3.17. Activity: Chopping and preparing healthy breakfast?

Yes

No

3.18. How enthusiastic is the main session leader?

1	2	3	4	5
Not interested				Very enthusiastic

3.15.1 Comments:

3.18. Were the children and parents divided into groups for the activities?

Yes

No

3.19. Were the groups appropriately sized so everyone could get involved?

Yes

No

3.20. Was there sufficient equipment for everyone?

Yes

No

3.21. Had the school provided sufficient fresh ingredients for tasting section of the workshop (i.e. fresh fruit, yoghurt etc)?

Yes

No

3.21.1. Comments:

3.22. How would you rate the overall quality of delivery?

1 Very Poor	2 Poor	3 OK	4 Good	5 Excellent
----------------	-----------	---------	-----------	----------------

3.23. How did the general ambience of the workshop appear?

Calm 1	2	Chaotic 3
-----------	---	--------------

What proportion of the parents appeared:

	none	a few	some	most	all
3.24. To be enjoying the session?					
3.25. Interested in the session?					
3.26. Got actively involved in the session					

What proportion of the children appeared:

	none	a few	some	most	all
3.27. To be enjoying the session?					
3.28. To be interested in the session?					
3.29. Got actively involved in the session					

3.29.1. Comments:

3.30. Were there any children being disruptive during the session? Yes No

3.31. If yes, how many? 3.32. Was this affecting the participation of other children? Yes No

3.31.1. Comments: (inc. is the teacher dealing with it and if so how?)

3.33. Do you think any parents were struggling due to language barrier? Yes No

3.34. If yes, and possible to tell, approximately how many were affected?

3.34.1. Comments

3.35. Were the attending parents given the take home information?

Yes

No

3.35.1. Comments:

3.36. Were parents given a time and travel questionnaire to fill out?

Yes

No

3.37. Were parents asked to fill out an evaluation form?

Yes

No

3.37.1. Comments:

3.38. Any other comments: