# Appendix One: Activity for designing feedback question

**For this workshop**

Quality of intervention: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| Criteria | Feedback questions | Response type |
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**For this workshop**

Short-term outcome: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- |
| Criteria | Feedback questions | Response type |
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**For your own programme**

Quality of intervention: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Criteria | Feedback questions | Response type |
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**For your own programme**

Short-term outcome: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Criteria | Feedback questions | Response type |
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# Appendix Two: Quantitative Activity

**Feedback Form #1**

1. Would you recommend this course to others? (Circle one answer)

🗹 Yes

🞎 No

2. Has the cooking sessions ... (tick all that apply)

🞎 Increased your knowledge about the main food groups

🗹 Equipped you with the ability to state which foods are the best sources of key vitamins

🗹 Equipped you with the ability to state which foods are the best sources of key minerals

🗹 Increased your ability to design a balanced nutritious meal

🗹 Increased your confidence in using fresh ingredients

3. Please rank the usefulness of the following topics you learnt in the cooking sessions (mark the most useful topic with a 1, the second most useful topic with a 2 etc.)

\_5\_\_ Main food groups

\_3\_\_ Best sources of key vitamins

\_4\_\_ Best sources of key minerals

\_2\_\_ Designing a balanced nutritious meal

\_1\_\_ How to use fresh ingredients

4. The cooking lessons increased my knowledge about the main food groups (Circle one answer)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1  Strongly disagree | 2  Disagree | 3  Neither agree nor disagree | 4  Agree | 5  Strongly agree |

1. I had enough time to practise the skills taught in this cooking lesson (Circle one answer)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1  Strongly disagree | 2  Disagree | 3  Neither agree nor disagree | 4  Agree | 5  Strongly agree |

**Feedback Form #2**

1. Would you recommend this course to others? (Circle one answer)

🗹 Yes

🞎 No

2. Has the cooking sessions ... (tick all that apply)

🞎 Increased your knowledge about the main food groups

🗹 Equipped you with the ability to state which foods are the best sources of key vitamins

🗹 Equipped you with the ability to state which foods are the best sources of key minerals

🗹 Increased your ability to design a balanced nutritious meal

🞎 Increased your confidence in using fresh ingredients

3. Please rank the usefulness of the following topics you learnt in the cooking sessions (mark the most useful topic with a 1, the second most useful topic with a 2 etc.)

\_4\_\_ Main food groups

\_1\_\_ Best sources of key vitamins

\_2\_\_ Best sources of key minerals

\_3\_\_ Designing a balanced nutritious meal

\_5\_\_ How to use fresh ingredients

4. The cooking lessons increased my knowledge about the main food groups (Circle one answer)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1  Strongly disagree | 2  Disagree | 3  Neither agree nor disagree | 4  Agree | 5  Strongly agree |

5. I had enough time to practise the skills taught in this cooking lesson (Circle one answer)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1  Strongly disagree | 2  Disagree | 3  Neither agree nor disagree | 4  Agree | 5  Strongly agree |

**Feedback Form #3**

1. Would you recommend this course to others? (Circle one answer)

🞎 Yes

🗹 No

2. Has the cooking sessions ... (tick all that apply)

🗹 Increased your knowledge about the main food groups

🗹 Equipped you with the ability to state which foods are the best sources of key vitamins

🗹 Equipped you with the ability to state which foods are the best sources of key minerals

🗹 Increased your ability to design a balanced nutritious meal

🗹 Increased your confidence in using fresh ingredients

3. Please rank the usefulness of the following topics you learnt in the cooking sessions (mark the most useful topic with a 1, the second most useful topic with a 2 etc.)

\_5\_\_ Main food groups

\_3\_\_ Best sources of key vitamins

\_4\_\_ Best sources of key minerals

\_1\_\_ Designing a balanced nutritious meal

\_2\_\_ How to use fresh ingredients

4. The cooking lessons increased my knowledge about the main food groups (Circle one answer)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1  Strongly disagree | 2  Disagree | 3  Neither agree nor disagree | 4  Agree | 5  Strongly agree |

5. I had enough time to practise the skills taught in this cooking lesson (Circle one answer)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1  Strongly disagree | 2  Disagree | 3  Neither agree nor disagree | 4  Agree | 5  Strongly agree |

**Feedback Form #4**

1. Would you recommend this course to others? (Circle one answer)

🗹 Yes

🞎 No

2. Has the cooking sessions ... (tick all that apply)

🗹 Increased your knowledge about the main food groups

🗹 Equipped you with the ability to state which foods are the best sources of key vitamins

🞎 Equipped you with the ability to state which foods are the best sources of key minerals

🗹 Increased your ability to design a balanced nutritious meal

🞎 Increased your confidence in using fresh ingredients

3. Please rank the usefulness of the following topics you learnt in the cooking sessions (mark the most useful topic with a 1, the second most useful topic with a 2 etc.)

\_2\_\_ Main food groups

\_3\_\_ Best sources of key vitamins

\_4\_\_ Best sources of key minerals

\_1\_\_ Designing a balanced nutritious meal

\_5\_\_ How to use fresh ingredients

4. The cooking lessons increased my knowledge about the main food groups (Circle one answer)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1  Strongly disagree | 2  Disagree | 3  Neither agree nor disagree | 4  Agree | 5  Strongly agree |

5. I had enough time to practise the skills taught in this cooking lesson (Circle one answer)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1  Strongly disagree | 2  Disagree | 3  Neither agree nor disagree | 4  Agree | 5  Strongly agree |

**Feedback Form #5**

1. Would you recommend this course to others? (Circle one answer)

🗹 Yes

🞎 No

2. Has the cooking sessions ... (tick all that apply)

🞎 Increased your knowledge about the main food groups

🗹 Equipped you with the ability to state which foods are the best sources of key vitamins

🗹 Equipped you with the ability to state which foods are the best sources of key minerals

🞎 Increased your ability to design a balanced nutritious meal

🗹 Increased your confidence in using fresh ingredients

3. Please rank the usefulness of the following topics you learnt in the cooking sessions (mark the most useful topic with a 1, the second most useful topic with a 2 etc.)

\_4\_\_ Main food groups

\_1\_\_ Best sources of key vitamins

\_2\_\_ Best sources of key minerals

\_5\_\_ Designing a balanced nutritious meal

\_3\_\_ How to use fresh ingredients

4. The cooking lessons increased my knowledge about the main food groups (Circle one answer)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1  Strongly disagree | 2  Disagree | 3  Neither agree nor disagree | 4  Agree | 5  Strongly agree |

5. I had enough time to practise the skills taught in this cooking lesson (Circle one answer)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1  Strongly disagree | 2  Disagree | 3  Neither agree nor disagree | 4  Agree | 5  Strongly agree |

**Appendix Three: Qualitative Activity**

**Would you recommend this workshop to others? Why/why not?**

Great practical, easy to follow, clear how to apply this to everyday work

Relevant, good discussions and group discussions. No information overload

Excellent practically based learning using my project so very relevant

It’s really helpful and simple to ensure quality of programmes

User friendly, felt respected and safe environment

Well-paced lots of opportunity to practise. Using real life examples is great (so good to related my projects to the learning and provide an opportunity to get started.

Evaluation is a task inherent in many different roles. Having a clearer sense of and evaluating within a framework will result in improvements.

Would greatly assist some of my colleagues in public health

Great information, useful for a wide variety of situations

Very easy to understand with 'real world' applications

Because these evaluation tools are great, there are a lot of things in my work I now know need re-evaluation for the benefits of staff and clients

Information very practical, clear explanations

It was way more than I expected, I have learnt tremendously

Practical, well presented, well focused.

Excellent hands on education on how to evaluate projects/events

Because it makes my work more valuable to our team (the information that an evaluation gives)

Very well structured and delivered in a simple way that everyone can understand, no hard to understand language; small group is good to learn in

Good for project development

Great to ensure projects are evaluated

To learn other ways of doing evaluations to projects

Because it was appropriate for someone unfamiliar with evaluation

Our team planning for key priorities will be through using what we have learnt in this workshop

# References