**HOW TO RUN A COOKING GROUP**

**COURSE ASSESSMENT**

1. **List 3 reasons why individuals may wish to attend a cooking group**

1.

2.

3.

1. **Identify 3 barriers for individuals attending a cooking group**

1.

2.

3.

1. **How could these be overcome**

1.

2.

3.

1. **What skills and knowledge do you need to run a cooking group?**

**1.**

**2.**

**3.**

1. **Identify 3 practical and 3 social/lifestyle skills that would be expected outcomes for the participants**

Practical skills

1.

2.

3.

Social/lifestyle skills

1.

2.

3.

1. **When writing a session plan, what order would these tasks be in**

1. Informing participants of kitchen and food safety

2. Shopping for ingredients

3. Evaluation of cooking session

4. Practical activity with your group

5. Setting up food activity area

6. go over the plan of the day, including the recipe

1. **Give examples of 3 different ways you could evaluate your cooking group**

1.

2.

3.

1. **Explain how these could be used**