Chicken and Vegie Stir Fry

Ingredients

2 cups of rice  
1 TBS of olive oil  
250 grams of skinless chicken breast, cut into bite sized pieces  
2 cloves of garlic, finely chopped  
1 medium brown onion, chopped  
2 medium carrots, cut into strips  
1 stick of celery, sliced  
1 red capsicum, diced  
125 grams of snow peas  
1 bunch of bok choy  
2 tsp of cornflour  
2 TBS salt reduced soy sauce  
½ cup of chicken stock  
1 TBS sweet chilli sauce

Method

1. Cook rice according to pack directions.  
2. Heat 1 TBS of oil in large pan and stir fry chicken until almost cooked.  
   Remove from pan  
3. Heat 1 TBS of oil and add garlic, onion, and cook for 5 minutes. Add  
   carrot, celery and capsicum, cooking for a further 5 minutes.  
4. In a separate bowl mix cornflour and soy sauce until smooth, then stir in  
   chilli sauce and chicken stock.  
5. Return chicken to the pan and add sauce mix.  
6. Add snow peas and bok choy and cook for 2 minutes  
7. Serve with rice

Participants may like to consider these tried and tested recipes for use in other weeks of the program:

- Kangaroo and warrigal greens  
- Salmon fishcakes  
- Curried prawns  
- Black fish curry  
- Curried pippie soup  
- Johnny cakes

These recipes can be found in Flavours of the Coast Koori Cookbook.
Weekly session plans

Week Two – swap it, don’t stop it

Resources
Useful resources for Week Two are listed in the Resource Links section later in this guide. And don’t forget:

• Week 2 recipe - as chosen by the group at the end of week 1.

Introduction
This is week 2 of our 4-week program. Last week we covered Healthy Eating and Food Safety and cooked Chicken and Vegie Stir Fry.

This week the program covers recipe modification and healthy weight or “swap it, don’t stop it”. (see the link in Week 2 of the Resources Section). It’s all about changing some of the ingredients in our favourite meals to make them healthier and making some changes to the way everyday things to be more active.

The program also covers how the food we eat and physical activity can help us to be a healthier weight.

Then it’s time to cook (Week 2 recipe), which was chosen by the group at the end of last week.

While cooking, the group may like to talk about what they’d like to cook next week. (See page 19 for a list of some of the popular Flavours of the Coast recipes cooked at other Koori Cooking programs. There are also some links to other great recipes on page 31).

Recap last week

Ask what people remember from last week.
Ask if anyone cooked the meal prepared last week at home.
Ask what the main healthy eating messages covered last week were.
Answer: Five serves of vegetables, two serves of fruit, eat less salt, eat less saturated fat, and drink water.
Ask what we need to do to make sure our food is safe and hygienic?
Some answers: Wash hands, use clean equipment, keep ingredients in the fridge, store leftovers in the fridge or freezer after cooking.
Swap it, don’t stop it

Suggested group discussion on recipe modification:
This week we will cover recipe modification to make our meals healthier and discuss healthy weight.

Recipe Modification:
Recipes provide a basic outline of how to prepare a meal. Producing a healthy meal is sometimes not the aim of the person who created the recipe. Sometimes we don’t have all of the ingredients listed in a recipe.

However, almost any recipe can be changed to make it healthier or to include ingredients that you have in the cupboard or fridge.

By considering the healthy eating messages we discussed last week and again this week how could we make the meal we are going to cook today healthier?

What different ingredients could we use?
Some answers:
- Replace full fat dairy or other products with low or reduced fat products.
- Reduce the amount of salt added to a meal and use salt-reduced products like salt-reduced soy sauce.
- Increase the amount and type of vegetables to make a meal healthier.
- Add lentils to a meal like spaghetti bolognaise to cut down the amount of mince used, not only making the meal healthier by reducing saturated fat but more affordable too.

Healthy Weight:
Eating healthy food and being physically active can help you to maintain a healthy weight. People come in all shapes and sizes, and what might be a healthy weight for one person isn’t necessarily healthy for another. It’s not healthy to be too thin or to carry too much body fat. The problem with too much body fat (medically referred to as being overweight or obese) is that it can increase your risk of a number of health problems including heart disease, diabetes, high blood pressure, high cholesterol, sleep problems, joint problems and certain types of cancer. Also, women who are overweight can have problems getting pregnant, or have complications during pregnancy.

If you are concerned about your weight talk with your GP or contact the free Get Healthy Information and Coaching telephone service.

Suggested group discussion on healthy weight:
Physical Activity or Exercise
Does anyone know the recommendations for how much physical activity or exercise you need to do every day?
Answer: 30 mins of physical activity or exercise every day.

What type of physical activities or exercise do people do?

Depending on responses, suggest ways to increase physical activity e.g. park further from the shop entrance when you go shopping; walk when you can; if you have sore joints try aqua aerobics or swimming.
Healthy eating to be a healthy weight

Can anyone suggest eating strategies which can help you keep a healthy weight?

Some answers:

• Reduce the size of your meals so you only eat what you need to meet your energy needs. Compare old and new plates and bowls – old plates/bowls were smaller than plates/bowls today which are much larger.

• Use the 8700. Find your ideal figure. Maintaining a healthy weight means balancing how many kilojoules you take in from food and drink against your individual daily needs. The average person needs 8700 kilojoules per day. Eating too much food or food that is high in kilojoules and not doing enough physical activity can result in spare energy being stored as fat and gaining weight. (More information is available on NSW Health’s 8700 Find your ideal figure website www.8700.com.au)

• Wait for 10 minutes before going back for seconds. This delay gives you time to realise that you aren’t eating because you are hungry, so perhaps you don’t need seconds.

• Include more vegetables, fruit & whole grains in your meal to help you feel fuller for longer.

• Make rice, pasta and bread (carbohydrates) no more than one quarter of your meal.

• Limit intake of unhealthy snack foods such as chocolate, chips, doughnuts, cakes, biscuits, pastries etc which are very high in kilojoules for their size.

• Limit take away foods.

• Drink water most of the time rather than soft drink or juice.

• Reduce alcohol intake. Alcohol is high in kilojoules and doesn’t provide any nutrition benefit to us.
Lowering saturated fat & replacing with healthy fats:
Decreasing the amount of saturated fat you eat can decrease your risk of heart disease.

Can you suggest some ways you can reduce the amount of saturated fat you eat?

Some answers:
- Use canola, sunflower or olive oils for cooking instead of lard, butter and vegetable blend oils.
- Use canola or olive oil margarines or even avocado as a sandwich spread instead of butter.
- Choose lean cuts of meat (e.g. lean mince, chicken breast, steak, kangaroo) and remove visible fat before cooking. Remove skin from chicken. Because meat can be expensive, you can make your meat go further by adding legumes or vegies to your recipe.
- Limit intake of salami, sausages and processed deli meats (e.g. Devon, chicken loaf and ham). Look for low fat varieties.
- Use low fat varieties of dairy products such as milk, cheese and yogurt.
- Try to include oily fish in your diet, such as tuna, salmon or mackerel. Canned fish is ok! Choose tuna in spring water, as tuna in oil has more fat and tuna in brine has more salt.

Go through handouts for more ideas.

Cooking Activity
Today’s recipe is: Discuss healthy eating tips which relate to the dish being cooked today. This could include ingredients, cooking methods, food serves, food safety etc.

Conclusion
While sitting down to eat, conclude the session by asking questions to get feedback.
- What did you learn from today’s program?
- Did you find the recipe easy to follow?
- Are you enjoying the meal that you cooked?
- Would you try this recipe at home?
- What was the best thing about today?
- Do you think some things didn’t work as well?
- What would you like to cook next week?

Next week we’re going to talk about ‘Healthy Eating on a Budget’
Weekly session plans

**Week Three** – healthy eating on a budget

**Resources**
Useful resources for Week Three are listed in the Resource Links section later in this guide. In particular you might like to print out and use:
- *The Real Cost of Healthy Food*
- *Food Shopping Tips*
- *Week 3 recipe*

**Introduction**
This is week 3 of our 4-week program. Last week we covered recipe modification and healthy weight or Swap It, Don’t Stop It and cooked [Week 2 recipe].

This week the program covers healthy eating on a budget and will include some tips on how to have healthy, great tasting food that is affordable.

Then it’s time to cook [Week 3 recipe], which was chosen by the group at the end of last week.

While cooking, the group may like to talk about what they’d like to cook next week. (See page 19 for a list of some of the popular Flavours of the Coast recipes cooked at other Koori Cooking programs. There are also some links to other great recipes on page 31).

**Recap last week**
*Ask what people remember from last week.*
*Ask questions related to information that was discussed last week (healthy eating for healthy weight and recipe modification).*
*Ask if anyone has made any changes to their eating or exercise at home yet.*
Healthy Eating on a Budget

(Use The Real Cost of Healthy Food & Food Shopping Tips resources in the Resource Links section.)

Is healthy food more expensive?
If you’ve ever thought that eating healthy is more expensive, then you’re not alone! But look more closely at the foods you buy and you’ll see that sometimes processed foods are more expensive.

To eat well on a budget, shop for fresh foods where possible rather than prepared meals. Frozen and canned varieties of fruit and vegetables are just as healthy as fresh, so check to see if frozen and canned varieties are cheaper. This will help lower your grocery bill and help to keep your trolley full of healthy foods.

Suggested group discussion on healthy eating on a budget:
Discuss the cost of today’s meal and break it down to the cost per person.

Smart Eating Tips for Healthy Eating on a Budget:
Does anyone have any tips for shopping for healthy foods on a budget?
Some answers:
- Don’t shop when you are hungry as you are more likely to buy things you don’t need.
- Use a list and look for specials on everyday foods.
- Buy fresh fruit and vegetables in season when they are generally cheaper.
- Buy healthy cooking oils such as canola, sunflower and olive oil which can be cheaper than cooking in butter.
- Try frozen or canned vegetables as these may be cheaper than fresh at some times of the year. They also keep for longer which reduces wastage from food spoiling.
- Try to have a vegetarian meal each week using eggs or lentils to replace meat.
- Buy generic brands (‘no name’ ‘home brand’ etc.).
- Add some canned kidney beans, lentils (or other legumes) to mince dishes or stews to make the meal go further.
• Buy items that will last in bulk such as breakfast cereals, rice, pasta and baked beans.
• Stop and think if you really need novelty packaging which adds to the cost. If you don’t need the storage container then try to pick the foods in plain packaging.
• Check your shopping docket; sometimes the checkouts make mistakes.
• Buy block cheese and grate it yourself rather than buying grated cheese.
• Buy all the basic foods such as breads, dairy, fruit, vegetables, cereals and meats first before considering snack foods, lollies, sweetened drinks or other treats.
• Stick mainly to the outside aisles of the supermarket which is where everyday foods are displayed. Avoiding the aisles with unhealthy foods helps to avoid foods that you don’t need.

Cooking Activity:
Today’s Recipe is: Discuss healthy eating aspects of the dish that’s being cooked today, such as the cost of the meal, ingredients, use of any traditional ingredients, cooking methods, food serves, food safety, etc.

Conclusion:
While sitting down to eat, conclude the session by asking questions to get feedback.
• What did you learn from today’s program?
• Did you find the recipe easy to follow?
• Are you enjoying the meal that you cooked?
• What was the best thing about today?
• Do you think some things didn’t work as well?
• What would you like to cook next week?

Next week we’re going to talk about ‘Reading Food Labels’
Weekly session plans

**Week Four** – reading food labels

**Resources**
Useful resources for Week Four are listed in the Resource Links section later in this guide. In particular you might like to print out and use:

- *Aboriginal and Torres Strait Islander Guide to Healthy Eating* - poster
- *How to understand food labels* - Fact Sheet
- *Week Four recipe*

**Introduction**
This is the last week of our 4-week program. Last week we covered healthy eating on a budget and cooked (Week 3 recipe).

This week the program covers reading food labels as a way of choosing healthier meals and ingredients. We’ll also look at the Health Star Rating System and how we can use a smartphone app to choose healthier products.

Then it’s time to cook (Week 4 recipe), which was chosen by the group at the end of last week.

**Recap last week**
*Ask what people remember from last week.*
*Ask questions related to information that was discussed last session.*
*Ask if anyone cooked the meal prepared last week at home?*
*Ask if anyone has made any changes to their eating or exercise at home yet?*
Reading Food Labels

Food labels give you the chance to compare products but they can be confusing. This session gives you the opportunity to discuss food labels and how people use (or don’t use) them.

Suggested group activity on reading food labels:
Discuss how the participants currently use food labels:

Does anyone read the food labels on the products they buy?
What do you look for?
Why don’t you use food labels?
Does anyone use the Health Star Rating System?

Put the Aboriginal and Torres Strait Islander Guide to Healthy Eating poster on the table, give out some food packages and go through the How to understand food labels handout

Go around the group and get everyone to identify whether their product is an everyday food or a sometimes food. Get participants to put their food item on the plate poster.

Can everyone find the food labels on their product? What can you find?

Some answers:
- Nutrition information panel
- Health Star Rating
- Ingredients list
- Health and nutrition claims
- Where ingredients came from and where the product was made
- Use by/ best by dates
- Percentage daily intake
- Serving size

Nutrition information panel

Reading the nutrition information panel on food packaging can help you identify healthier food choices by comparing products to find products that are lower in total fat, lower in saturated fat, lower in sugar, lower in sodium (salt) and higher in fibre. The panel can also tell you the number of servings per package so you know the serving size.

Health Star Rating System

Some food packaging has a panel with a star rating (½ to 5 stars) on it. The Health Star Rating System uses stars to show the nutritional profile of some packaged foods. The more stars the healthier the choice.
The rating takes into account kilojoules (energy), saturated fat, sodium and sugars, as well as nutrients important for health such as dietary fibre, protein and proportion of fruit, vegetables, nuts and legumes. The Health Star Rating System provides a quick way to compare the nutrition of packaged foods of a similar type e.g. breakfast cereals.

The system is voluntary however and not all packaged foods display stars. Whole foods such as fresh fruit and vegetables do not need to display the stars as they are already known to be ‘5 star healthy’ and an important part of the diet as shown in the Australian Dietary Guidelines.

**Using the Health Star Rating System**

The Health Star Ratings is one tool to assist you to choose healthier foods, but for healthy eating you need to choose a wide variety of nutritious foods, many of which may not be packaged. You can make healthier choices from packaged foods by using the Health Star Rating System to compare the overall nutritional profile of the packaged food products you may be interested in buying. For example, you could look at various breakfast cereals and compare the star ratings to choose the one with the highest stars.

Tips for using Health Star Ratings and nutrition information panels next time you go shopping.

- Look for the Health Star Ratings on the front of packaged food products.
- Use the Health Star Ratings to compare similar food products. Remember, the more stars, the healthier the choice.
- Use the nutrition information panel to choose products that contain less sodium, saturated fat and/or sugars.


**Using smart phone app to assess food labels**

If you have a smart phone you can download an app to help you choose healthier products in the supermarket. The FoodSwitch App for smart phones allows you to scan the barcodes of packaged food products and gives you nutritional information including kilojoules, fats, salt and added sugars for that product. The App will then recommend similar products which are healthier.

The App can be set up for people with specific needs. For example, someone wanting to reduce the saturated fat in their diet can set it up to show the product with the least saturated fat.
**Reading Food Labels exercise**

Provide participants with examples of packaged foods which are available with different nutritional contents. Compare some low fat, reduced fat or reduced salt products to their full fat or salt alternatives. Look at the food labels for other information, such as Health Star Rating, best before or use by dates, ingredients used and where the product was made or the ingredients were sourced from.

For example, compare different brands of coconut cream and low fat coconut cream to show differences in saturated fat and kilojoules per serve.

**Cooking Activity:**

Today’s recipe is:.................: Discuss healthy eating aspects of the dish being cooked today, such as ingredients, cooking methods, food serves, food safety, cost etc.

**Conclusion:**

While sitting down to eat, conclude the session by asking questions to get feedback.

- What did you learn from today’s program?
- Did you find the recipe easy to follow?
- Are you enjoying the meal that you cooked?
- What was the best thing about today?
- Did you have a favourite meal from the 4 weeks?
- Do you think some things didn’t work as well?

**Evaluation**

Week Four marks the end of the Koori Cooking Program. So that you can evaluate how well the program worked and whether it met the needs of your participants. Ask them to complete the post-program evaluation survey (Appendix 4). Compare the results of this survey with the survey the participants completed at the beginning of the program.
Links to useful resources

Videos- click here

**Week One** - healthy eating and food safety

**Heart Foundation**
Heart Foundation resources can be downloaded or print copies ordered by calling 13 11 12


Heart Healthy Tips information sheet

Get the Good Eating Habit brochure

**Australian Government**
Eat for Health website

Eat for Health Product Catalogue

Healthy Eating for Adults and Healthy Eating for Children brochures are free. They can be downloaded or print copies ordered from:

Indigenous Guide to Healthy Eating resources, posters, brochures are also free and can be downloaded from:

Food Safety
**NSW Government**
Health and hygiene requirements of food handlers

**Week Two** - swap it, don’t stop it
(note: please include Swap It Don’t Stop It website address in Week 2 resources on page 29)

**Healthy Weight**
**Australian Government**
8700 Find your ideal figure
www.8700.com.au
Links to useful resources

Heart Foundation
Healthy weight
http://heartfoundation.org.au/your-heart/know-your-risks/healthy-weight

Obesity Fact Sheet

NSW Government
Get Healthy

Week Three - healthy eating on a budget

Healthy cooking on a budget
Western Australian Government
NSW Health
The Real Cost of Healthy Food Report Card

NSW Government
Make Healthy Normal – Healthy eating on a budget

Australian Government
Food Shopping Tips

Eat for Health – Healthy eating on a budget

Week Four - reading food labels

Reading Food Labels
Australian Government
How to understand food labels

Nutrition Information Labels

Indigenous Guide to Healthy Eating resources - poster

Heart Foundation
Food labels

The George Institute
An App for Smart phones to help read food labels
Links to healthy recipes

Heart Foundation
Flavours of the Coast Koori Cookbook. Downloadable PDF

Western Australian Department of Health
Deadly Tucker cookbook order form. $6.60 per copy
More Deadly Tucker cookbook order form. $7.70 per copy + postage

Maari Ma Health Aboriginal Corporation (NSW)
Bush Tucker dreaming cookbook. Downloadable PDF

Queensland Health
Living Strong Healthy Lifestyle Cookbook
# Appendix 1

## Koori Cooking Program group questions.

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<th>Week</th>
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<tr>
<td>Following today’s session are there any recipes you would like to try at home this week?</td>
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<td>In the last week, did you cook any new recipes?</td>
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<td>Were they from the program or one of the cookbooks?</td>
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<td>Or did you look for other recipes?</td>
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<tr>
<td>Did you try any foods or recipes that you hadn’t tried before?</td>
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<td>How did that go?</td>
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## Appendix 2

### Koori Cooking Program Attendance Sheet

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<thead>
<tr>
<th>Group</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
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<td>Recipe</td>
<td>Chicken and Vegie Stir Fry</td>
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<td>Participants</td>
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**Interesting comments/Observations**

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Appendix 3

Healthy Eating and Cooking program

BEFORE PROGRAM PARTICIPANT EVALUATION

Date: ........../........../.......... 

This survey helps us improve the Koori Cooking program. All information gathered will only be used collectively. No names or information that identifies an individual will be released.

Q1. How many days a week do you usually prepare dinner for your household?

- Daily ☐
- 4-6 times a week ☐
- Never ☐

If you cook, for how many people:

i. Adults and children aged 16 years and over including yourself ..........
ii. Children under 16 years of age ...........

Q2. How often do you shop for the household food?

- Often ☐
- Rarely ☐
- Never ☐

Q3. Overall, how would you rate your health during the past 4 weeks? 
(Please tick only ONE box that best applies to you)

- Excellent ☐
- Very Good ☐
- Good ☐
- Fair ☐
- Poor ☐
- Very Poor ☐
- Don’t know ☐

Q4. In a normal week, how often would you have for dinner a ready-made meal (e.g. pizza, or chips) or a take-away? (Please tick only ONE box)

- Daily ☐
- 4-6 times a week ☐
- 2-3 times a week ☐

Q5-8 For the following questions, please circle (e.g. 2) one number that best describes how confident you feel on a scale of 1 (‘Not confident at all’) to 5 (‘Extremely confident’).

Q5. How confident do you feel about cooking from basic ingredients?

1 ☐  2 ☐  3 ☐  4 ☐  5 ☐

Q6. How confident do you feel about following a simple/basic recipe?

1 ☐  2 ☐  3 ☐  4 ☐  5 ☐

Q7. How confident do you feel about tasting foods that you have not eaten before?

1 ☐  2 ☐  3 ☐  4 ☐  5 ☐

Q8. How confident do you feel about preparing and cooking new foods and recipes?

1 ☐  2 ☐  3 ☐  4 ☐  5 ☐
Q9. How many serves of vegetables do you USUALLY EAT each day?
(One serve is half a cup cooked or 1 cup of salad vegetables.) (Please tick (✓) one box only)
None ☐ Three ☐
One ☐ Four ☐
Two ☐ Five or more ☐

Q10. How many serves of vegetables do you THINK you should eat each day to be healthy?
(One serve is half a cup cooked or 1 cup of salad vegetables.) (Please tick (✓) one box only)
None ☐ Three ☐ Not sure ☐
One ☐ Four ☐
Two ☐ Five or more ☐

Q11. What would you like to learn during this Healthy Cooking Program?
(Please tick (✓) as many boxes that apply to you)
New recipes ☐ Please list recipes ……………………………………………………………………………………………
Increase my confidence in the kitchen ☐
Improve my cooking skills ☐
How to understand food labels ☐
How to eat healthily on a budget ☐
Other ☐ Please explain ……………………………………………………………………………………………

Thank you for taking the time to complete this form.
Please give this form to your facilitator when you have finished.
Appendix 4

AFTER PROGRAM PARTICIPANT EVALUATION

Date: ……./………../………..

This survey helps us improve the Koori Cooking program. All information gathered will only be used collectively. No names or information that identifies an individual will be released.

Q1. How many Koori Cooking sessions have you attended? (Please tick (✓) one box only)
  All four sessions ☐ One session ☐
  Three sessions ☐ None (this is my first session) ☐
  Two sessions ☐

Q2. How many days a week do you usually prepare dinner for your household?
  Everyday ☐ 6 days ☐ 5 days ☐ 4 days ☐ 3 days ☐ 2 days ☐ 1 day ☐ Never ☐

If you cook, for how many people:
  i. Adults and children aged 16 years and over including yourself ..........
  ii. Children under 16 years of age ..........

Q3. Has the number of times you prepare and cook a main meal at home changed since attending this Koori Cooking program? (Please tick (✓) one box only)
  More ☐ Same ☐ Less ☐

Please comment ………………………………………………………………………………………………………..……..……..

Q3. How often do you shop for the household food?
  Often ☐ Sometimes ☐ Rarely ☐ Never ☐

Q4. Overall, how would you rate your health during the past 4 weeks? (Please tick only ONE box that best applies to you)
  Excellent ☐ Very Good ☐ Good ☐ Fair ☐ Poor ☐ Very Poor ☐ Don’t know ☐

How do you feel about the Koori Cooking program…….?  

Q5. Please rate the following: (Please tick (✓) one box for each item in the list)

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Q6. What did you like best about the program? (Please tick (✓) as many boxes that apply to you)

Friendship and socialising ☐
Learning new skills ☐
Eating the food ☐
Learning how to shop for healthier foods ☐
Other ☐

Please comment ………………………………………………………………………………………………………..……..……..

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Q7. What have you learned from the sessions? (Please tick (✓) as many boxes that apply to you)

- New recipes ☐
- Food safety ☐
- Using different ingredients ☐
- Nutrition information ☐
- Confidence in the kitchen ☐
- Food budgeting skills ☐
- How to read food labels ☐
- Other ☐
- Please comment ...........................................

Q8. How useful did you find the program? (Please tick (✓) one box only)

- Very useful ☐
- Useful ☐
- Somewhat useful ☐
- Not useful ☐

Please comment: ........................................................................................................................................

Q9. Have you prepared any of the recipes from the program at home? (Please tick (✓) one box only)

- Yes ☐
- No ☐

If ‘Yes’, Why did you choose this meal?
- Cheap to cook ☐
- Quick to cook ☐
- Easy to cook ☐
- I like it ☐
- Family like it ☐
- Other ☐

Please comment ........................................................................................................................................

Q10. Have you made any other changes to your food habits since attending the program?

- Yes ☐
- No ☐

Please comment on how and why you have or have not changed your food habits since attending this program

......................................................................................................................................................

For the following questions, please circle (e.g. 2) one number that best describes how confident you feel on a scale of 1 (‘Extremely confident’) to 5 (‘Not confident at all’).

Q11. How confident do you feel about cooking from basic ingredients?

1 2 3 4 5

Q12. How confident do you feel about following a simple/basic recipe?

1 2 3 4 5

Q13. How confident do you feel about tasting foods that you have not eaten before?

1 2 3 4 5
Q14. How confident do you feel about preparing and cooking new foods and recipes?

1  2  3  4  5

Q15. Do you think you will change anything about how you will cook or eat food as a result of the Koori Cooking program?

Please comment ………………………………………………………………………………………………………………………………
……………………………………………………………………………………………………………………………………………………

Q16. How many serves of vegetables do you USUALLY EAT each day?
(One serve is half a cup cooked or 1 cup of salad vegetables.) (Please tick ✓ one box only)

None  ☐  One  ☐  Two  ☐  Three  ☐  Four  ☐  Five or more  ☐

Q17. How many serves of vegetables do you THINK you should eat each day to be healthy?
(One serve is half a cup cooked or 1 cup of salad vegetables.) (Please tick ✓ one box only)

None  ☐  One  ☐  Two  ☐  Three  ☐  Four  ☐  Five or more  ☐  Not sure  ☐

Q18. Do you have any recommendations or suggestions of ways to improve future Koori Cooking programs?

Yes  ☐  No  ☐

Please comment ……………………………………………………………………………………………………………………………
……………………………………………………………………………………………………………………………………………………
……………………………………………………………………………………………………………………………………………………

Thank you for taking the time to complete this form.
Please give this form to your facilitator when you have finished.
### Appendix 5 Koori Cooking Risk Assessment Table

<table>
<thead>
<tr>
<th>Nature of Risk</th>
<th>Hazard</th>
<th>Severity</th>
<th>Freq</th>
<th>Level of Risk</th>
<th>Treatment/Controls</th>
<th>Action</th>
</tr>
</thead>
</table>
| Public         | Burns and scalds| 2        | C    | M             | • For participants remind them that there are hot surfaces and liquids/foods  
• First aid kit and ice water available  
• Encourage participants to wear shoes  
• Have a fire blanket and fire extinguisher                                                                                                                                                                                                                                           | Program facilitator      |
| Public         | Trip Hazard     | 2        | C    | M             | • Minimise equipment and food on the ground around cooking area  
• No power leads on ground  
• Encourage participants to wear shoes                                                                                                                                                                                                                                         | Program facilitator      |
| Public         | Food Poisoning  | 2        | D    | L             | • Request NSW Food Authority guidelines  
• Food safety training completed by Program facilitator  
• Brief instructions about food hygiene prior to cooking  
• Warm running water and soap available  
• Gloves available (optional)  
• Ingredients refrigerated or stored appropriately  
• Equipment clean                                                                                                                                                                                                                                                                          | Program facilitator      |
| Public         | Food allergy    | 2        | D    | L             | • Program facilitator to complete Food Safety Training  
• Do not use high risk foods (Peanut Butter)  
• Warn participants food may contain seafood and nuts.  
• Warn participants if food allergy, do not try                                                                                                                                                                                                                                         | Program facilitator      |
| Public         | Faulty equipment| 2        | D    | L             | • Ensure/test all equipment is in good condition prior to session  
• Discard broken equipment                                                                                                                                                                                                                                                               | Program facilitator      |
| Public         | Cuts from knives| 1        | D    | I             | • First aid kit available  
• Remind participants to be careful handling sharp knives                                                                                                                                                                                                                                 | Program facilitator      |
## Risk Matrix

<table>
<thead>
<tr>
<th>Frequency or Likelihood</th>
<th>Severity/Consequences</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Catastrophic 5</td>
</tr>
<tr>
<td>A</td>
<td>E</td>
</tr>
<tr>
<td>Almost Certain</td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>E</td>
</tr>
<tr>
<td>Likely</td>
<td></td>
</tr>
<tr>
<td>C</td>
<td>E</td>
</tr>
<tr>
<td>Possible</td>
<td></td>
</tr>
<tr>
<td>D</td>
<td>H</td>
</tr>
<tr>
<td>Unlikely</td>
<td></td>
</tr>
<tr>
<td>E</td>
<td>H</td>
</tr>
<tr>
<td>Rare</td>
<td></td>
</tr>
</tbody>
</table>

### Risk

- E Extreme Risk Immediate action required
- H High Risk Senior management attention needed
- M Moderate risk Management responsibility must be specified
- L Low risk Manage by routine procedures and monitoring
- I Insignificant risk Continue current controls and procedures

### Severity/Consequences

- 5 Person could be killed or suffer permanent disability
- 4 Person could sustain long-term partial disability/illness
- 3 Person could sustain injury resulting in > 7 days off work
- 2 Person could sustain injury resulting in < 7 days off work
- 1 Minor injury which requires only 1st aid or < 1 day off work

### Frequency/Likelihood

- A Could happen at any time
- B Will probably happen in most circumstances
- C May occur at some time
- D Could happen but unlikely
- E May occur in exceptional circumstances
The 4-week Koori Cooking Program

For more information on healthy eating go to:
www.heartfoundation.org.au or www.makehealthynormal.nsw.gov.au

Heart Foundation 13 11 12