

## Appendix 7: Teaching assessment form, used to rate their confidence in educating around nutrition from the template menu

### Teaching Kitchen, Kolkata

<b>Unique code</b>		<b>Date</b>	
<b>Participant Name</b>			
<b>Inner Wheel rep</b>		<b>Trained mother</b>	

*This should be completed by the participating mothers with the assistance of a team member.*

#### Key



Not confident



Average



Good



Excellent

In the table below, circle how confident you feel in relation to your skills in the following areas:

<b>Food handling and overall hygiene</b>				
<b>Cooking skills</b>				
<b>Understanding the importance of a balanced diet</b>				
<b>Retention of knowledge and skills gained</b>				
<b>Ability to explain and teach others</b>				