

WORKSHEET 1 - COOK'S PROFILE (ANSWER THE QUESTIONS)

1. Describe the cooks of the household?

<u>Name</u> _____	<u># Meals Cook Prepares Each Week</u>	<u>Cook's Height</u>	Cook's body Measurement from floor to wrist bone w/hand extended above head _____	Is Cook Right or Left Handed?	Any Handicaps?
_____	_____	_____	" "	_____	_____
_____	_____	_____	" "	_____	_____
_____	_____	_____	" "	_____	_____
_____	_____	_____	" "	_____	_____

2. How many people work in the kitchen at the same time:

- a) On a daily basis? _____
- b) Less than once a week or only on special occasions? _____

3. When more than one person works in the kitchen at the same time, how are the chores divided?

	<u>Name above (or Guest)</u>	<u>Usual chore assignment</u>
Person A	_____	_____
Person B	_____	_____
Person C	_____	_____
Person D	_____	_____
Person E	_____	_____
Person F	_____	_____

4. What method of serving food is usually used at each meal?

	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
Blue-plate Style (Food served on individual dinner plates from the kitchen)	_____	_____	_____
Country/family style (Food served in bowls at the table)	_____	_____	_____
Buffet Style (Food placed in bowls at a separate serving table)	_____	_____	_____

5. How many people are served at one time for everyday meals? _____

6. At what location does dining take place on a regular basis?

Eating bar / counter in Kitchen	_____	_____	_____
Table in Kitchen	_____	_____	_____
Table in Dining Room	_____	_____	_____
Patio / Balcony Table	_____	_____	_____
TV Tables	_____	_____	_____

7. Everyday dining is usually:

Very casual	_____	_____	_____
Semi-casual	_____	_____	_____
Moderately formal	_____	_____	_____
Very Formal	_____	_____	_____

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How many and How often:

At least

Within

Once a

Very casual,

Once

2-3

month or

Casual,

A week

weeks

less

Mod. formal

or formal?

8. How many people are usually served when entertaining?

How are guests entertained?

a) At sit-down meals / buffets? _____

b) At cocktail / snack / dessert parties? _____

9. How often is grocery shopping done?

Check one: Everyday _____

Bi-weekly _____

Once a week _____

Every 2 weeks or _____

More _____

10. How are the following items usually purchased? Rate the frequency of purchase from 1 to 4 (with 1 being the most frequent) and then check the size package usually purchased:

Rate:

Most (1) to

Least (4)

Frequent

What size/quantity:

Smallest

Medium

Large

Bulk

Size

Size

Size

Size

Fruits and vegetables

Fresh _____

Frozen _____

Canned _____

Dried _____

Meats / fish / poultry

Fresh _____

Frozen _____

Canned _____

Complete dinners

Canned _____

Frozen _____

Packaged _____

Staples

Flour _____

Sugar _____

Pasta _____

Rice _____

Cereal _____

Soups / sauces

Canned _____

Packaged _____

Spices _____

11. Is the kitchen used for other activities? (Check)

Office _____

Other (Name) _____

Laundry _____

Ironing _____

Sewing _____

Hobbies _____