













Yhunger Food Skills Checklist (2022)

Check out the Yhunger website and resources for more helpful advice www.yhunger.health.nsw.gov.au

1. a) Please circle/tick all of the items you have where you are living now?













b) Do you know how to safely use and clean these household items? (please circle YES or NO)

 <p>Microwave</p> <p>I can use this YES/NO</p> <p>I can clean this YES/NO</p>	 <p>Rice Cooker</p> <p>I can use this YES/NO</p> <p>I can clean this YES/NO</p>	 <p>Stove top</p> <p>I can use this YES/NO</p> <p>I can clean this YES/NO</p>
 <p>Oven</p> <p>I can use this YES/NO</p> <p>I can clean this YES/NO</p>	 <p>Refrigerator and freezer</p> <p>I can use this YES/NO</p> <p>I can clean this YES/NO</p>	 <p>Washing machine</p> <p>I can use this YES/NO</p> <p>I can clean this YES/NO</p>
 <p>Dryer</p> <p>I can use this YES/NO</p> <p>I can clean this YES/NO</p>	 <p>Sink and dishwasher</p> <p>I can use this YES/NO</p> <p>I can clean this YES/NO</p>	 <p>Toaster</p> <p>I can use this YES/NO</p> <p>I can clean this YES/NO</p>
 <p>Sandwich press</p> <p>I can use this YES/NO</p> <p>I can clean this YES/NO</p>	 <p>Kettle</p> <p>I can use this YES/NO</p> <p>I can clean this YES/NO</p>	 <p>Blenders</p> <p>I can use this YES/NO</p> <p>I can clean this YES/NO</p>

2. Do you know how to safely use and clean these kitchen items? (please circle)

 <p>Cooking knives and scissors</p> <p>I can use this YES/NO</p> <p>I can clean this YES/NO</p>	 <p>Chopping boards</p> <p>I can use this YES/NO</p> <p>I can clean this YES/NO</p>	 <p>Benches</p> <p>I can clean this YES/NO</p>
 <p>Saucepans, woks and frypan</p> <p>I can use this YES/NO</p> <p>I can clean this YES/NO</p>	<p>Do you clean these kitchen items every time you use them?</p> <p>YES/NO/SOMETIMES</p>	

3. What are the main reasons why you eat?* (you can tick more than one reason)

 <p><input type="radio"/> Time</p>	 <p><input type="radio"/> Money</p>	 <p><input type="radio"/> Transport</p>
 <p><input type="radio"/> Family</p>	 <p><input type="radio"/> Friends</p>	 <p><input type="radio"/> Other people you live with</p>
 <p><input type="radio"/> Mood and feelings</p>	 <p><input type="radio"/> Tastes good</p>	 <p><input type="radio"/> Health reasons</p>
 <p><input type="radio"/> Skills and knowledge</p>	 <p><input type="radio"/> Religion & celebrations</p>	 <p><input type="radio"/> I don't know?</p>

*These are the main reasons that explain what you do (or don't) eat and drink, and how often (or not).

4. a) Can you choose a dish you want to make?

YES/NO/UNSURE

b) (Optional) **What is the name of this dish you'd like to make?**

.....

c) Can you write a shopping list of what you will need to make this meal?

YES/NO/UNSURE

d) Do you know where you can find cheap and easy recipes?

YES/NO/UNSURE



5. a) Can you use your phone to look up shops to buy and cook food?

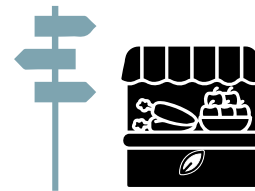
YES/NO/UNSURE

b) Are the shops good quality?

YES/NO/UNSURE

c) Are the shops too expensive?

YES/NO/UNSURE



6. a) Can you find shops in your language with food that you know?

YES/NO/UNSURE

b) Are the shops good quality?

YES/NO/UNSURE

c) Are the shops too expensive?

YES/NO/UNSURE



7. a) Can you work out how much money you have to spend on food and other living costs?

YES/NO/UNSURE

b) (Optional) How much money goes on food? = \$

c) Is this food money for a **DAY/WEEK/FORTNIGHT/MONTH?** (please circle)



8. a) Do you know which foods and drinks to include every day for your body and mind to feel well?

YES/NO/UNSURE

b) Do you know which foods and drinks to have only sometimes and in small amounts to feel healthy and active?

YES/NO/UNSURE



9. When do you clean your hands? (please tick):

- Before eating?
- Before and during preparing a dish?
- After using the toilet?
- After you touch your nose or mouth e.g sneeze, cough, smoke?
- After touching animals?
- When doing any of the above and you are caring for small children?



Handy
to know



10. a) Do you know what foods should be stored in the refrigerator or freezer?

YES/NO/UNSURE



b) Do you know what foods can be stored safely in the cupboard or on the bench?

YES/NO/UNSURE



c) Do you know when food is not safe to eat?

YES/NO/UNSURE



d) Do you know what temperatures to keep cold food cold and hot foods hot?

YES/NO/UNSURE



e) Do you know ways to stop food going to waste?

YES/NO/UNSURE



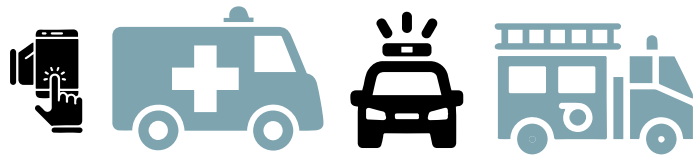
11. a) Do you know how to do first aid on minor injuries e.g. small cuts, burns and rashes?

YES/NO/UNSURE



b) Do you know how to get help in an emergency from the police, fire or ambulance services?

YES/NO/UNSURE



Keep calm
and call for help