

Initial Consultation Form



The questions below are designed to help us get an idea of what you would like to get out of your session with Kitchen Queen, and what kind of menu/dishes would be most suitable to cook during your session.

Please complete this form and return to bookings@kitchenqueen.co.uk. If you have any questions at all then please do not hesitate to call 07967 620317.

1. Name

2. Contact E-mail

3. Contact phone number

4. Address
Postcode:

5. Address where lesson will take place (if different from above)
Postcode:

6. How many people do you usually cook for?
Adults (16 years+) Infants (2 – 10 years)

Children (10 – 16 years) Babies

7. Where do you usually do your food shopping?

8. Roughly, what is your food budget per week for your household/those you cook for? £

9. How often are you at home in the evenings to eat usually?

Once a week Twice a week Three times a week Four times a week

Five times a week Six times a week Seven times a week NEVER!

t. 07967 620 317 - e. info@kitchenqueen.co.uk - w. www.kitchenqueen.co.uk

10. How often do you usually cook per week?

- Once a week Twice a week Three times a week Four times a week
 Five times a week Six times a week Seven times a week NEVER!

11. Please list any special dietary requirements you need to take into consideration when cooking (for you or those you usually cook for) e.g. vegetarian, wheat-free diet, etc

12. Please list any food dishes/ingredients that you 'love' or equally 'hate' – this will help in deciding what to cook during your session. If you'd love to be able to cook something, put it in the "love" column and we'll see what we can do!

Love	Hate
Eg. Profiteroles, Lamb, Garlic,	Eg. Asparagus, Prawns, Lasagne

13. What currently worries you most about cooking/prevents you from doing more in the kitchen? – please place an "x" in the box

(please rank 1 = not a worry, 5 = a big worry!)

	1	2	3	4	5
I'm worried about not knowing when things are cooked properly!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Food shopping – I don't have time to go/I hate it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I'm not very good at getting timings right – it gets stressful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cooking for others/a bigger group frightens me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't really know what to put together/which ingredients to use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The time it takes – I haven't got much time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Other things that keep you away from your kitchen:</i>					
-					
-					
-					

14. What do you primarily want to gain from your session/s? – please place an "x" in the box

(please rank 1 = not important, 5 = extremely important)

	1	2	3	4	5
To improve my confidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learn how to cook specific dishes – perhaps for a special occasion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Improve my planning/timing when cooking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To have fun (I am doing this more for the experience)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To get some new ideas for every day cooking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To improve my basic skills/to get a foundation of how to cook	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Other things you are looking to gain from the session/s:</i>					

15. Please add any other notes/requests here that will help us to make sure you get as much from your lesson as possible!

--

16. Because we take the safety of our 'Kitchen Queens' seriously, please kindly provide details of 2 people who know you on a personal level, and who would be happy to potentially provide you with a character reference. Thank you in advance for your understanding of this.

Name 1:	Name 2:
Tel. No:	Tel. No:
E-Mail:	E-Mail:
Relation to you:	Relation to you:

Thank you for completing this form. Please return to bookings@kitchenqueen.co.uk and we'll be in contact shortly with a list of recommended dishes/recipes based on this information.