

Supplementary File

Food and Culinary Skills and Knowledge Questionnaire (Abbreviated Version)

Please answer the following questions to the best of your ability. Your responses will be kept anonymous and used exclusively for survey reporting purposes.

A. Skills

1. Have you ever prepared a **cake** from scratch (NOT with a commercial cake mix)?
 - A. I have never prepared, helped prepare or observed the preparation of a cake from scratch.
 - B. I have observed the preparation of cake only.
 - C. I have helped someone else prepare cake only.
 - D. I have prepared cake by myself, without help

2. Have you ever whipped egg-whites into a foam i.e. to make a **meringue**?
 - A. I have never prepared, helped prepare or observed the preparation of beaten egg-whites.
 - B. I have observed the preparation of beaten egg-whites only.
 - C. I have helped someone else prepare beaten egg-whites only.
 - D. I have prepared beaten egg-whites by myself, without help..

3. Have you ever prepared homemade **yeast bread** from scratch (NOT with a bread machine or a commercial mix)?
 - A. I have never prepared, helped prepare or observed the preparation of homemade bread.
 - B. I have observed the preparation of homemade bread only.
 - C. I have helped someone else prepare homemade bread only.
 - D. I have prepared bread by myself, from scratch, without help.

4. Have you ever prepared a homemade white sauce (or **béchamel**) from scratch (NOT using a commercial sauce mix)?
 - A. I have never prepared, helped prepare or observed the preparation of a homemade white sauce
 - B. I have observed the preparation of white sauce only
 - C. I have helped someone else prepare white sauce only.
 - D. I have prepared white sauce by myself, from scratch, without help.

B. Knowledge

5. What culinary term is used to describe the following action: to add (a food ingredient) to a mixture by gently and repeatedly lifting one part over another?
 - A. stir
 - B. whip
 - C. fold
 - D. shake
 - E. beat

6. What culinary term is used to describe the following action: to brown a piece of meat and then cook it covered in a small amount of liquid, in the oven.
 - A. saute
 - B. braise
 - C. grill
 - D. roast
 - E. simmer

7. What culinary term is used to describe the following action: To moisten with liquid (as melted fat or juices) while roasting?
 - A. blanche
 - B. scald
 - C. deglaze
 - D. simmer
 - E. baste

8. What culinary term is used to describe the following action: To cook a piece of meat over an open fire or flame, or under the broiler?
 - A. sauté
 - B. roast
 - C. braise
 - D. scald
 - E. grill

9. What culinary term is used to describe the following action: to cook (eggs, fish, fruits, etc.) in a hot liquid that is kept just below the boiling point.
 - A. poach
 - B. simmer

- C. blanch
- D. scald
- E. steam

C. Perception

10. Generally speaking, how do you perceive your enthusiasm with regard to food and culinary skills?

- Extremely enthusiastic
- Very enthusiastic
- Moderately enthusiastic
- Slightly enthusiastic
- Not enthusiastic