

Name:

Cohort #:

Phone #:

Email:

Please rate your current "Culinary Ability" from 1-5, with (5) being highly competent and (1) being the least competent.

Please check the categories that apply to your kitchen skills:

- Clueless in the kitchen and want to learn.
- Need help with knife skills and basic cooking prep.
- Need help preparing vegan/vegetarian dishes.
- Need help purchasing and prepping ingredients.
- Fairly confident with recipes, but want to learn to improvise.
- Very confident, and looking for new tips and recipes.

Please summarize why you are interested in this class:

List some foods that you personally would like to learn how to cook.

Thank you! This information will help Chef Paul design lessons that will give you confidence in preparing delicious vegan and vegetarian meals.

Please email your completed survey to onishi-on-food@hotmail.com