

TKO Program Fidelity Worksheet

Date/Time: _____ Center: _____ Facilitator: _____ Recipe: _____ Fidelity reviewer: _____

SESSION COMPONENTS	RATING	COMMENTS
	0 = Not included 1 = Partially included 2 = Included	
Welcome & framing: why is it <u>healthy</u>, which <u>cooking skill</u>, how to do this <u>at home</u>	<input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2	
An official Teaching Kitchen Outreach (TKO) recipe was chosen.	<input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2	
Facilitator <u>followed the recipe</u> (e.g., did not add butter, salt, sugar, use white instead of wheat bread, etc.)	<input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2	
Facilitator engaged participants <u>making it themselves</u> .	<input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2	
Facilitator taught the participants <u>why the recipe is healthy</u> .	<input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2	
Facilitator taught participants <u>a cooking skill</u> (e.g., kitchen hygiene, food prep skill such as how to wash vegetables, etc.)	<input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2	
Facilitator discussed how skills taught during the session could be <u>done at home</u> .	<input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2	
FOR OFFICE USE: Facilitator accurately <u>recorded attendance</u> numbers (note: enter # of participants in attendance below).	<input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2	
FOR OFFICE USE: Facilitator <u>filled out the TKO session survey</u> in REDCap within 24 hours including photo upload (note: check 1 if survey filled out late or missing photo).	<input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2	
Rating Total:	___ / ___	
# of participants in attendance:	_____	
Field Notes: What did you notice about the session? _____		

