

PROFESSIONAL EVALUATION

EVALUATION MODULE 1: ORIGIN OF FOOD

COURSE: PREVENTION OF OBESITY IN PEOPLE WITH DOWN SYNDROME	EVALUATION DATE:
ENTITY :.....	
TEACHERS:	
STUDENT:	
ASSESSMENT CODES 1. (Not acquired) 2. (In process) 3. (Acquired)	

Bellow, we can find the contents that will be developed in each one of the units and their practical approach (skills):

	CONTENTS	1 - 3	SKILLS	1 - 3
1	To know the origin of food (animal, vegetable, mineral).		1 She/he identifies food and knows its origin (animal, vegetable and mineral), either at home or in the supermarket.	
2	To know the classification of foods, according to nutritional characteristics (farinaceous, fruits, vegetables, protein, dairy, fats).		2 She/he is able to distinguish the 6 food groups. (Fats, Carbohydrates, Proteins, Dairy, Fruits, Vegetables and Vegetables) and which ones are healthier.	
3	To associate food with its correspondent group.		3 She/he is able to classify the food that usually eats in their food group.	
4	To know which foods are healthy, which are supposed to be consumed daily and which are supposed to be consumed occasionally.		4 She/he identifies the healthiest food and the unhealthiest food and how often we are supposed to consume them.	

5	To know the functions of food. (Body-builders, regulators and energy producers)		5	She/he identifies the functions of the food groups (body-builders, regulators, energy-producers) and when we should be eating them (vegetables when we are constipated..).	
6	To know the meaning of the concepts, local food, seasonal food, ... etc)		6	She/he identifies at least 3-4 some local foods.	
7	To know (and name) at least 3-4 seasonal and local foods.		7	She/he identifies at least 3-4 seasonal foods from each season.	
8	To know the benefits of consuming seasonal and local foods.		8	She/he is aware of the economic and environmental advantages of consuming local and seasonal foods.	
9	To know that around 2 liters, is the recommended amount of fluid that a person should ingest daily.		9	She/he drinks around 2 liters of liquid daily. She/he usually carries a small bottle or money to buy it if necessary.	
10	To know how to make two healthy commitments related to healthy eating habits and physical activity.		10	She/he had met his healthy commitments for the week.	



FAMILY EVALUATION

EVALUATION MODULE 1: ORIGIN OF FOOD

FAMILY EVALUATION - REAL ENVIRONMENT

EVALUATION DATE :.....

STUDENT:.....

ASSESSMENT CODES: 1. (She/he does not do it) 2. (Does it with help and / or supervision) 3. (She/he does it on her/his own)

	SKILLS IN THE REAL ENVIROMENT	1 - 3	FAMILY OBSERVATIONS
1	Identifies food and knows its origin (animal, vegetable and mineral), either at home or in the supermarket.		
2	She/he is able to distinguish the 6 food groups. (Fats, Carbohydrates, Proteins, Dairy, Fruits, Vegetables and Vegetables) and which ones are the healthiest.		
3	Identify the food group of each of the foods you eat in your usual diet. <ul style="list-style-type: none"> - PROTEICS: Meat, egg, fish, vegetables, seafood and nuts .. - DAIRY: Milk, yogurt and cheeses ... - STARCHY FOOD: Bread, rice, corn, cereals, potatoes, sweet potatoes, oats ... - FATS: Oil, butter and margarine ... - FRUITS: Apple, pear, banana, orange ... - VEGETABLES: Chard, spinach, cauliflower, peppers ... 		
4	Among the food groups, you know which ones are the healthiest , and which ones we have to eat daily (rice, fruit, meat, fish, milk, water ...) and which ones should be eaten just occasionally . (Sausages, fatty cheeses, pates, fried potatoes, pastries ..)		

5	She/he identifies the functions of the food groups (body-builders, regulators, energy-producers) and when we should be eating them (<u>Body-regulators</u> : <i>vegetables</i> when we are constipated. <u>Energy producers</u> : <i>starchy food or fat</i> when we are going to do exercise. <u>Body-builders</u> : <i>meat, fish, egg, milk</i> for healthy muscles).		
6	She/he knows and identifies some local foods of their region.		
7	She/he knows at least 3-4 seasonal food Summer (peach watermelon, cucumber), autumn (pomegranate, tangerine, grape, artichoke, mullet) winter (asparagus, artichoke, mandarin, cod) and identifies it when seeing them		
8	She/he is aware that consuming local and seasonal foods could help us save money and it is good for the environment.		
9	She/he drinks around 2 liters of liquid daily. She/he usually carries a small bottle or money to buy it if necessary.		
10	She/he had met his healthy commitments for the week.		