

PROFESSIONAL EVALUATION

EVALUATION MODULE 2: TRANSFORMATION 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)	

A Below, 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 difference between natural and manufactured foods.		1	She/he is able to identify in the purchase, the natural foods of manufactured ones.	
2	To know the difference between homemade and pre-cooked dishes		2	She/he is able to identify and elaborate a homemade and pre-cooked dish.	
3	To know where food is placed in the refrigerator, pantry or freezer.		3	She/he is able to properly place the food of the purchase in the refrigerator, pantry or freezer.	
4	To know how to store and cover food in the refrigerator.		4	She/he is able to properly store food in the refrigerator.	
5	To know how to read the labels, or at least identify the expiration date, ingredients, etc.		5	She/he is able to interpret food labels, and recognizes expiration dates and ingredients.	

6	To know the guidelines for making healthy purchases and control impulses in buying unnecessary or unhealthy foods		6	She/he takes the guidelines and tips for making a healthy food purchase into account.	
7	To know that the list of the purchase must have products that are lacking or are about to run out.		7	She/he is able to make the shopping list according to the needs of the family (food lacking).	
8	To know the basic ingredients of some dishes to prepare a simple recipe.		8	She/he is able to buy the ingredients he needs for making a simple recipe / dish.	
9	To know how to find the expiration date on the products.		9	She/he is able to identify whether or not a food is expired and knows what to do with it.	
10	To know that if a product contains more than 15g of fats or sugars on its label is probably unhealthy		10	She/he tries to avoid eating foods that contain more than 15g of fats or sugars.	



FAMILY EVALUATION

EVALUATION MODULE 2: FOOD TRANSFORMATION

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	She/he can distinguish whether a food is natural or has been modified in a factory. (Manufactured)		
2	She/he knows the difference between homemade and pre-cooked dish.		
3	She/he knows what is the most appropriate way to place food in the refrigerator and does it at home.		
4	When we make the purchase at home, she/he is able to separate products that go to into the pantry, the refrigerator or the freezer.		
5	It is able to correctly store food or leftovers in containers or with suitable lids in the refrigerator.		
6	She/he is able to identify whether or not a product of food is healthy , depending on the amount of ingredients it contains on its label. (The more ingredients, the less healthy).		

7	She/he is aware that a food that contains more than 15g of sugars and fats on its label , is probably unhealthy and tries to avoid its purchase or consumption.		
8	She/he is able to make a healthy shopping list before going to the supermarket.		
9	She/he thinks of a recipe to make it at home , and buy the healthiest ingredients in the supermarket.		
10	She/he is able to see the expiration date of the products and those that are in the house, identifying whether or not they are expired.		
11	She/he can interpret the size of the portion on the product label, identifying what he has to eat in a meal.		
12	She/he has met the healthy commitments for the week.		