

PROFESSIONAL EVALUATION

EVALUATION MODULE 3: WHAT, HOW MUCH, WHEN, HOW TO EAT?

COURSE: PREVENTION OF OBESITY IN PEOPLE WITH DOWN SYNDROME	EVALUACIÓN 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	She/he is aware of the importance of following a varied diet containing all food groups.		1	She/he tries to consume foods from all food groups.	
2	She/he is aware of the impact that excessive consumption of fats or sugars may have.		2	She/he controls the intake of foods that have high content in fats and/or sugars.	
3	She/he is aware of the need to avoid snacking between hours, foods like snacks, sweets..e.tc		3	She/he avoid snacking between hours food like crisps, chocolates and unhealthy snacks and substitute it by fruit, infusions ... etc.	
4	She/he is able to control an excessive intake of food.		4	She/he controls the excessive intake of food, to maintain a healthy weight.	
5	She/he knows what a healthy dish is made of, according to the indications of "My Plate"		5	She/he is able to design a healthy dish / menu according to the indications of "My Plate"	
6	She/he knows the foods that should be present in a healthy breakfast		6	She/he is able to design a healthy breakfast, where foods of the recommended groups are present.	

7	She/he is aware of the need to compensate with a “light” meal when we have eaten too much that day (light dinner if we had an excessive lunch)		7	She/he is able to compensate for excessive food intake after having a “big” meal.	
8	She/he knows good manners at the table.		8	She/he is able to good manners on the table when eating alone or in company. (Sharing, eating with the mouth closed, keeps the space clean).	
9	She/he knows the importance of trying new foods.		9	She/he tries to try new foods and include them in her/his diet.	
10			10		



FAMILY EVALUATION

EVALUATION MODULE 3. What, when, how much, how to eat?

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	Healthy habits: Eats fruits daily.		
2	Healthy habits: Eats vegetables daily, either as a dish, or garnish.		
3	Healthy habits: Eats vegetables at least twice a week. (Identifies legumes).		
4	Healthy habits: Eats meat and fish, not just meat.		
5	Healthy habits: Avoids eating very fatty foods like sausages, pastries ...). If she/he does consume them, tries to do it occasionally.		
6	Healthy habits: Avoids consuming bottled juices daily, soft drinks daily... (if she/he does consume it, she/he does it occasionally).		
7	Healthy Habits: Avoids snacking between hours, chips, nuts ... etc.		
8	She/he is able to control the intake of excess food.		

9	She/he is able to design a healthy menu according to the indications of "My Plate" (half of them must be vegetables, a quarter of proteins (meat, fish or egg) and another quarter are grains (starchy food and legumes).		
10	Is able to design a healthy breakfast or lunch. (Dairy, cereals, fruit, ..)		
11	She/he able to compensate after she has had too much food (light dinner if we have an excessive lunch).		
12	She/he has good manners at the table (washes his hands before starting, drinks and chews quietly, chews with his mouth closed, cleans the corner of his lips whenever he needs it, waits for everyone to start, grabs Little quantity when it is a dish to share, eats without greed and leaves to others, does not speak with full mouth ...		
13	She/he tries to eat new foods.		
14	She/he has done his/her healthy commitments of the week.		