

## PROFESSIONAL EVALUATION

### EVALUATION MODULE 4: HEALTHY LIFE

<b>COURSE: PREVENTION OF OBESITY IN PEOPLE WITH DOWN SYNDROME</b>	<b>EVALUATION DATE:</b> .....
<b>ENTITY</b> :.....	
<b>TEACHERS:</b> .....	
<b>STUDENT:</b> .....	
<b>ASSESSMENT CODES</b> 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
<b>1</b>	To know what foods can be beneficial to our health.		<b>1</b>	She/he knows the difference between healthy foods those that are not.	
<b>2</b>	To know what foods can be harmful to our health.		<b>2</b>	She/he includes healthy food and tries to avoid unhealthy food.	
<b>3</b>	To learn about celiac disease and some of the symptoms that a celiac person may suffer.		<b>3</b>	She/he is able to choose food with the nutrients that are appropriate for them , if you suffer some type of disease (diabetes, cholesterol, ...)	
<b>4</b>	To know what foods are permitted for a celiac person and which ones are not.		<b>4</b>	She/he is able to identify the symptoms of a disease (if she/he had them).	
<b>5</b>	To know the importance of periodically visiting different health professionals. (Dentist, ophthalmologist, general practitioner, endocrine, dietitian-nutritionist ...)		<b>5</b>	She/he is able to identify which doctor to visit to when she/he has a medical condition.	

<b>6</b>	To be aware of the importance of adequate hygiene habits to prevent diseases. (Brushing your teeth, hands, skin care ...)		<b>6</b>	She/he has healthy habits in her/his daily routine. (Washing hands when going to the bathroom, use soap, deodorant ...)	
<b>7</b>	To be able to explain what symptoms she/he has when having a disease		<b>7</b>	She/he knows what to do when being in pain or having a health issue (talking to a relative).	
<b>8</b>	To be aware of the importance of physical activity to improve health.		<b>8</b>	She/he practices physical activity in order to have a healthy lifestyle.	
<b>9</b>	To know the basic rules for going to a gym or swimming pool.		<b>9</b>	She/he is able to organize himself, prepare everything when she/he goes to the gym, pool and meets the standards without supervision.	
<b>10</b>	To know guidelines to increase the physical activity in his daily routines.		<b>10</b>	She/he follows the recommended guidelines for increasing physical activity in your daily routines.	
<b>11</b>	To know how to take care of your health through good <i>postural hygiene</i> (position of the body)		<b>11</b>	She/he takes into account the knowledge learned about postural hygiene in their daily routines.	



## FAMILY EVALUATION

### EVALUATION MODULE 4: HEALTHY LIFE

**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
<b>1</b>	She/he identifies which food is healthy and which is unhealthy		
<b>2</b>	She/he tries to avoid eating unhealthy foods (chocolates, crisps, sugary sodas, ...)		
<b>3</b>	The consumption of healthy foods has increased in her/his diet. (Vegetables, fruits ...)		
<b>4</b>	She/he knows the relationship between certain nutrients (fat, sugar ...) and diseases (diabetes, heart problems ...)		
<b>5</b>	She/he knows how to identify the symptoms of these diseases.		
<b>6</b>	She/he knows the healthcare professionals she/he should frequently visit and what is what they do.		
<b>7</b>	She/he knows what gluten is, what foods contain it and its relationship to celiac disease.		
<b>8</b>	Personal hygiene: She/he washes her/his hands after going to the bathroom (using soap)		
<b>9</b>	Personal Hygiene: she/he uses deodorant every day		
<b>10</b>	Physical activity: she/he practices some "light" physical activity every day (walk 10 or 20 minutes, climb stairs ...)		

<b>11</b>	Physical activity: increases her/his physical activity on the weekend (walk, dance, practice some sport ...)		
<b>12</b>	Physical activity: she/he has searched for a hobby that involves physical exercise: gym, yoga, pilates, zumba ...		
<b>13</b>	She/he uses proper postural hygiene in your daily routines. (Sits correctly, balances weight of loads, cross-backpack ...)		
<b>14</b>	She/he has done her/his healthy commitments this week.		