

Family literacy, language and numeracy

Family learning impact funding – Wider Family Learning



Initial assessment: Healthy lifestyles

Name:

Term:

Do you know what a healthy lifestyle is? Yes No

Do you know what elements should be included in a healthy lifestyle? Yes No

Rate the following if you believe they are healthy / unhealthy

Healthy eating Healthy Unhealthy

Smoking

Alcohol

Physical activity

Drugs

Exercise

Do you know the five food groups? Yes No

Do you buy fresh fruit and vegetables? Yes No

Do you eat five fruit and vegetables a day? Yes No

Do you sit and eat as a family? Yes No

Do you participate in regular exercise? Yes No

Do you participate in regular physical activity? Yes No

Do you know the difference between exercise and PA? Yes No

Do you know the dangers of smoking? Yes No

Do you know the chemicals contained in a cigarette? Yes No

Do you know the health benefits if you don't smoke? Yes No

THANK YOU FOR TAKING THE TIME TO COMPLETE THIS FORM

