

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	<input type="radio"/>	No	<input type="radio"/>
Do you know what elements should be included in a healthy lifestyle?	Yes	<input type="radio"/>	No	<input type="radio"/>

Rate the following if you believe they are healthy / unhealthy

	Healthy		Unhealthy
Healthy eating	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>		
Smoking	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>		
Alcohol	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>		
Physical activity	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>		
Drugs	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>		
Exercise	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>		

Do you know the five food groups?	Yes	<input type="radio"/>	No	<input type="radio"/>
Do you buy fresh fruit and vegetables?	Yes	<input type="radio"/>	No	<input type="radio"/>
Do you eat five fruit and vegetables a day?	Yes	<input type="radio"/>	No	<input type="radio"/>
Do you sit and eat as a family?	Yes	<input type="radio"/>	No	<input type="radio"/>
Do you participate in regular exercise?	Yes	<input type="radio"/>	No	<input type="radio"/>
Do you participate in regular physical activity?	Yes	<input type="radio"/>	No	<input type="radio"/>
Do you know the difference between exercise and PA?	Yes	<input type="radio"/>	No	<input type="radio"/>
Do you know the dangers of smoking?	Yes	<input type="radio"/>	No	<input type="radio"/>
Do you know the chemicals contained in a cigarette?	Yes	<input type="radio"/>	No	<input type="radio"/>
Do you know the health benefits if you don't smoke?	Yes	<input type="radio"/>	No	<input type="radio"/>

THANK YOU FOR TAKING THE TIME TO COMPLETE THIS FORM

