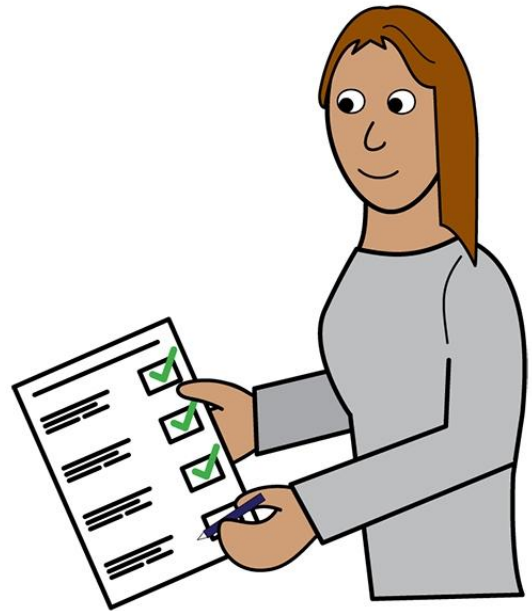


Your Health Matters Easy Read Checklist



Your Health Matters



eat
well



be
active



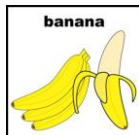
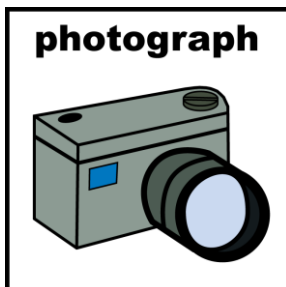
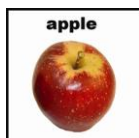
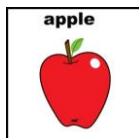
get
checked
out



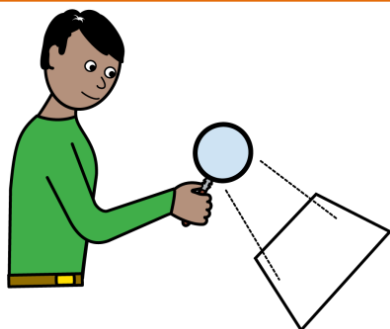
stay
well



Your Health Matters Easy Read Checklist



Have you used photos and images?



Are your photos and images big enough to see?



We washed our hands.
We washed the baking potatoes.



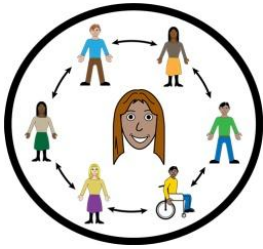
We used a knife to make holes in the potatoes.
Staff put the potatoes in the oven for 1 hour at 180°C .

Are the photos or images on the left side?

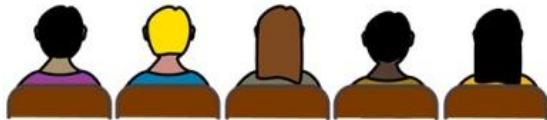
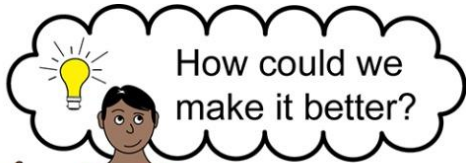
ideas



Do your photos or images match what you have written?

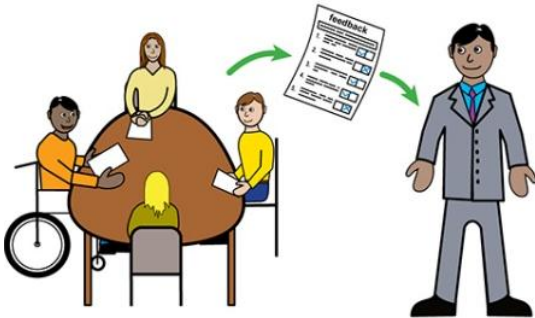


Have you made it with someone with a learning disability?



give feedback

Have you got feedback from someone with a learning disability?

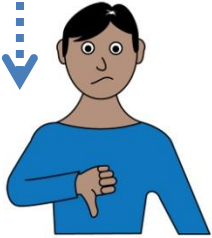


large print

Are your letters big and at least 14 points?



Letters
Letters
Letters
Letters

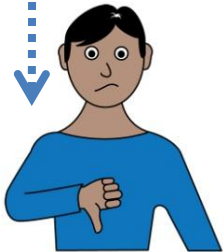


Letters
Letters
Letters
Letters



Have you chosen a clear style of letters?

Letters
Letters
Letters
Letters

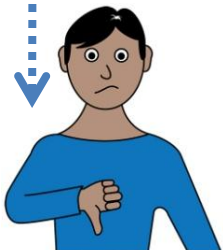


Letters
Letters
Letters
Letters



Have you used only normal or bold letters?

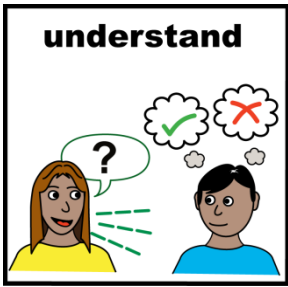
consider
improve
excellent
dreadful



think
better
good
bad



Have you used short and simple words?



Are your sentences
easy to understand?

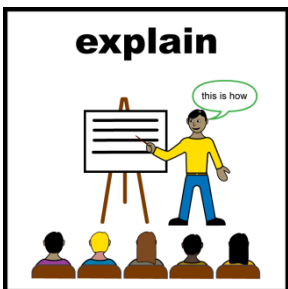
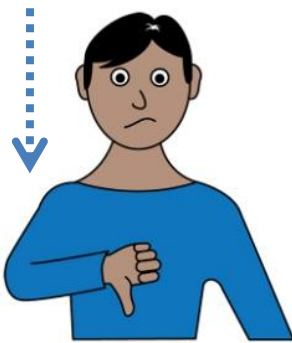
We put
nuts and
seeds in
the bowl
and we
mixed it all
together
but it was
hard to
mix.

We put nuts
and seeds
in the bowl.

We mixed it
all together.

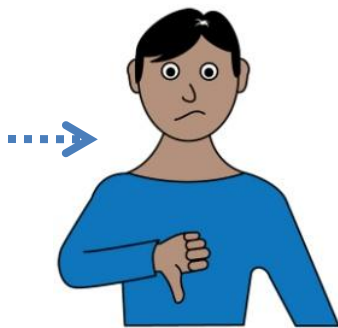
It was hard
to mix.

Are your
sentences short
and less than
20 words long?



Have you explained
any big or hard words
that you have used?

One
Twenty
Eighteen
Thousand



Are all the numbers written as figures?



1
20
18
1000



good



What is good about it?

The exercises are fun.

It is free.

It is healthy.

Have you used headings?




Think Better Good Bad ✓

Consider Improve Excellent Dreadful ✗

Have you used short simple words?

understand

Have you made your sentences easy to understand?



Have you used different boxes for each section?





Ingredients

- 1 Small Pumpkin.
- 500g Spaghetti.
- 2 Onions.
- 1 Jar of tomato pasta sauce.
- 1 Can of chopped tomatoes.
- 2 Cloves of garlic.
- 1 Vegetable stock cube.
- 2 Tablespoons of olive oil.
- 2 Two teaspoons of dried mixed herbs.
- Salt.
- Pepper.
- Dried Parmesan cheese.

Do your sections start and end on the same page?



How do I make the meal?



We washed our hands.
We washed the fruit.



We cut the fruit up.



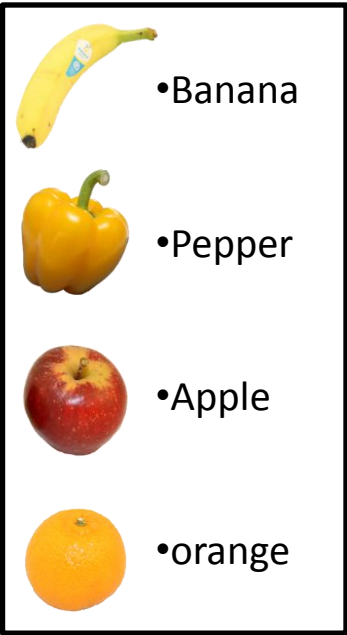
We put the fruit in a bowl.
We mixed the fruit in the bowl.



We added greek yoghurt.
We ate the fruit salad with the yoghurt.

Is there plenty of white space on the page?



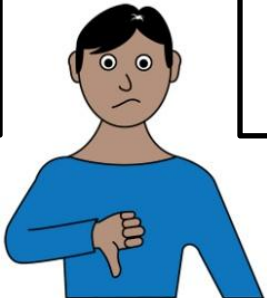


Have you used bullet points instead of lists?



Writing in the middle.

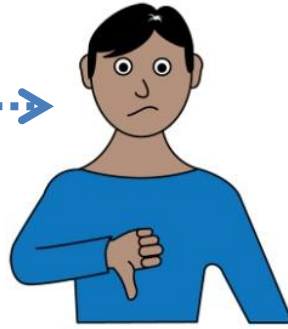
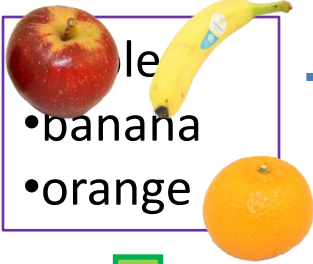
Writing spread is and justified.



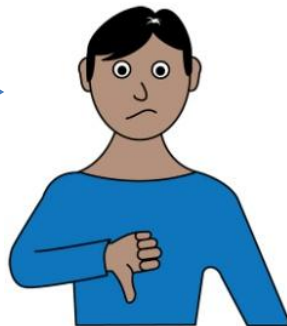
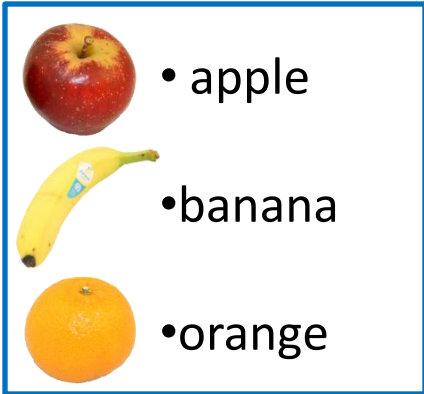
Is the writing all lined up on the left?

Writing on the left.

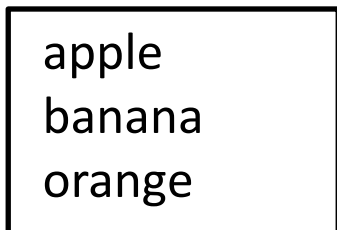
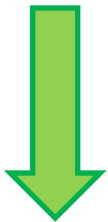




Does the writing stand out?



Have you used black writing on a white background?





Would the person find it easier to see black writing on a yellow background?

information



Have you thought about putting the information on a DVD or CD?



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