

# Healthy Kids

These questions are about the 3-5 year old child in your care.



ID # \_\_\_\_\_ Date \_\_\_\_\_

Think about what you and your child usually do. Do not include school time.



1.



My child is outside \_\_\_\_\_ hours a day.

☐

0

☐

1

☐

2

☐

3

☐

4

☐

5

or more

2.



My child eats vegetables.

☐

rarely

☐

some days

☐

most days

☐

almost every day

☐

every day

3.



My child goes to bed around  P.M.

4.



My child gets up around  A.M.



Remember, do not include childcare time. Include any time you are with your child.

5.



My child plays outside \_\_\_\_\_ days a week.

☐ 0    ☐ 1    ☐ 2    ☐ 3    ☐ 4    ☐ 5    ☐ 6    ☐ 7

6.



My child does not eat breakfast \_\_\_\_\_ days a week.

☐ 0    ☐ 1    ☐ 2    ☐ 3    ☐ 4    ☐ 5    ☐ 6    ☐ 7

7.



My child eats fruit.

☐ rarely    ☐ some days    ☐ most days    ☐ almost every day    ☐ every day

8.



My child drinks milk  times a day.

My child drinks milk.

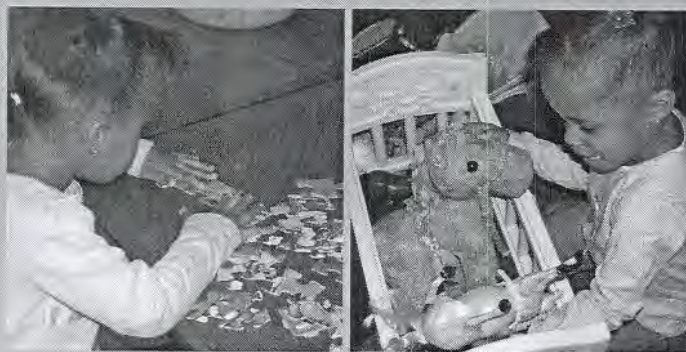
9.



☐ no    ☐ whole    ☐ 2% reduced fat    ☐ 1% lowfat    ☐ skim/nonfat    ☐ soy



10.



My child likes playing instead of watching TV.

☐ rarely
 ☐ sometimes
 ☐ often
 ☐ very often
 ☐ always

11.



I plan meals.

☐ rarely
 ☐ sometimes
 ☐ often
 ☐ very often
 ☐ always

12.



I eat fruit  times a day.

13.



I buy vegetables.

☐ rarely
 ☐ sometimes
 ☐ often
 ☐ very often
 ☐ always

14.



I buy fruits.

☐ rarely
 ☐ sometimes
 ☐ often
 ☐ very often
 ☐ always



Remember, do not include childcare time. Include any time you are with your child.

15.



I know what my child watches on TV.

☐ rarely

☐ sometimes

☐ often

☐ very often

☐ always

16.



I drink milk  times a day.

17.



I play outside with my child \_\_\_\_\_ days a week.

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☐ 6

☐ 7

18.



I buy chips, candy or cookies.

☐ rarely

☐ sometimes

☐ often

☐ very often

☐ always

19.



I keep fruit ready for my child to eat.

☐ rarely

☐ some days

☐ most days

☐ almost every day

☐ every day



20.



My child eats beans \_\_\_\_\_ times a week.

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5
 ☐ 6
 ☐ 7

21.



My child eats snack foods like cookies, chips and candy.

☐ rarely
 ☐ some days
 ☐ most days
 ☐ almost every day
 ☐ every day

22.



My child has a TV in his bedroom.

☐ no
 ☐ yes

23.



My child eats a meal while watching TV.

☐ rarely
 ☐ some days
 ☐ most days
 ☐ almost every day
 ☐ every day

24.



My child watches TV \_\_\_\_\_ hours a day.

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5
 ☐ 6 or more



Remember, do not include childcare time. Include any time you are with your child.

25.



My child is picky about the foods he eats.

☐

rarely

☐

some days

☐

most days

☐

almost every day

☐

every day

26.



My child eats snack foods like apples, bananas or carrots.

☐

rarely

☐

some days

☐

most days

☐

almost every day

☐

every day

27.



My child eats \_\_\_\_\_ vegetables at his main meal.

☐

0

☐

1

☐

2

☐

3

or more

28.



My child enjoys cereal for breakfast.

☐

rarely

☐

sometimes

☐

often

☐

very often

☐

always

29.



My child eats more than one kind of vegetable a day.

☐

rarely

☐

some days

☐

most days

☐

almost every day

☐

every day



30.



My child plays video or computer games \_\_\_\_\_ hours a day.

☐

0

☐

1

☐

2

☐

3

☐

4

☐

5

or more

31.



My child eats candy, cake or cookies \_\_\_\_\_ times a day.

☐

0

☐

1

☐

2

☐

3

☐

4

☐

5

or more

32.



My child drinks soda or sugared drinks.

☐

no

☐

some days

☐

most days

☐

almost every day

☐

every day

33.



My child drinks soda times \_\_\_\_\_ a day.

☐

0

☐

1

☐

2

☐

3

☐

4

☐

5

or more

34.



My child drinks sport drinks or sugared drinks \_\_\_\_\_ times a day.

☐

0

☐

1

☐

2

☐

3

☐

4

☐

5

or more



Do not include childcare time. Include any time you are with your child.

35.



My child eats fast food \_\_\_\_\_ times a week.

☐

0

☐

1

☐

2

☐

3

☐

4

☐

5

☐

6

☐

7

☐

8

or more

36.



My child eats chips \_\_\_\_\_ times a day.

☐

0

☐

1

☐

2

☐

3

☐

4

☐

5

or more

37.



My child sees me eat vegetables.

☐

rarely

☐

some  
days

☐

most  
days

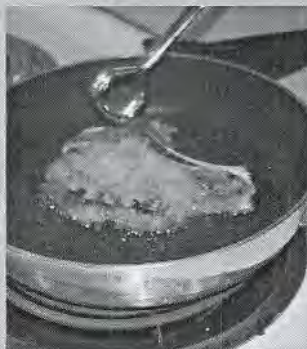
☐

almost  
every  
day

☐

every  
day

38.



My family eats fried foods \_\_\_\_\_ times  
a week.

☐

0

☐

1

☐

2

☐

3

☐

4

☐

5

☐

6

☐

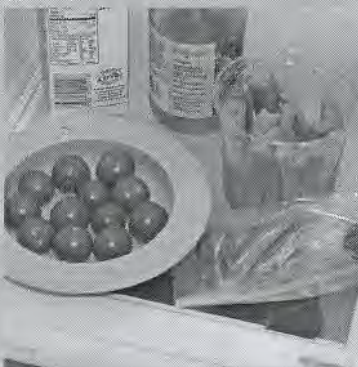
7

☐

8

or more

39.



I keep vegetables ready for my child to eat.

☐

rarely

☐

some  
days

☐

most  
days

☐

almost  
every  
day

☐

every  
day



40.



We eat out \_\_\_\_\_ times a week.

☐

0

☐

1

☐

2

☐

3

☐

4

☐

5

☐

6

☐

7

☐

8

or more

41.



I sit and eat a meal with my child.

☐

rarely

☐

some  
days

☐

most  
days

☐

almost  
every  
day

☐

every  
day

42.



I cook my child's dinner from scratch.

☐

no

☐

some  
days

☐

most  
days

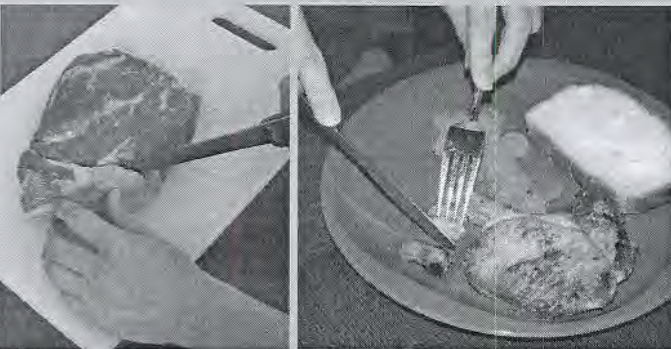
☐

almost  
every  
day

☐

every  
day

43.



I trim fat before eating meat.

☐

rarely

☐

sometimes

☐

often

☐

very often

☐

always

44.



I eat chicken with the skin.

☐

no

☐

sometimes

☐

often

☐

very often

☐

always



45.



I watch TV \_\_\_\_\_ hours a day.

☐ 0

☐ 1

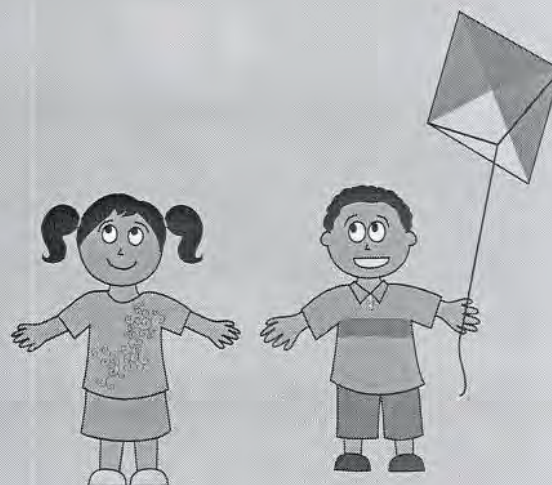
☐ 2

☐ 3

☐ 4

☐ 5

☐ 6  
or more



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