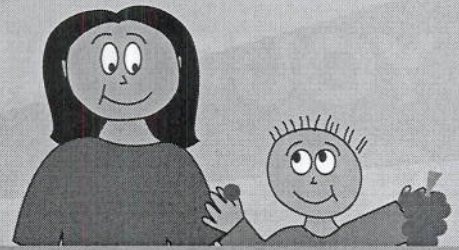


YOUR NUTRITION Quiz Results



Thank you Maria for taking the time to complete the Healthy Kids quiz. We hope this feedback will help you and your family make healthy food and activity choices.

Great job! You serve and eat fruits and vegetables.

affirmative goal

Check one major goal you would like to work on. Then choose one of the minor goals beneath it to work on this week.

Major Goal

☐ You may want to work on increasing dairy and calcium foods.

3 ways to do this would be:

Minor Goals

- ☐ Serve yogurt, cheese, or cottage cheese as a snack 3 times this week.
- ☐ Order milk when eating out this week.
- ☐ Serve your child cereal with milk 3 times this week.

OR

Major Goal

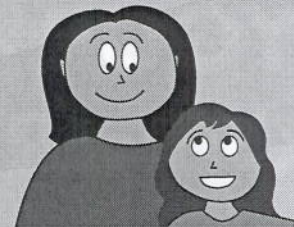
☐ You may want to work on helping your child be more physically active.

3 ways to do this would be:

Minor Goals

- ☐ Play outside with your child 3 days this week.
- ☐ Keep your child's screen time to 1-2 hours, 3 days this week.
- ☐ Take your child to the park at least 1 day this week.

YOUR PARENTING Quiz Results



Thank you Maria for taking the time to complete the My Child at Meal Time quiz. We hope this feedback will help you and your family make healthy feeding choices.

Great job! You are not using food as a reward

Check one major goal you would like to work on. Then choose one of the minor goals beneath it to work on this week.

Major Goal

You may want to make food more child friendly

3 ways to do this would be:

Minor Goals

- ☐ Let your child pick the foods she wants to eat from foods already prepared 3 times this week.
- ☐ Let your child help prepare 2 meals this week.
- ☐ Make food fun for your child 2 times this week. Try cutting sandwiches into shapes. Try making faces with food.

OR

Major Goal

You may want to talk with your child about food during mealtime.

3 ways to do this would be:

Minor Goals

- ☐ Ask your child a question about the food he is eating at each meal this week.
- ☐ Tell your child that a healthy food he is eating is good for him 2 times this week. Try, "I love that you are drinking milk. It will make you strong!"
- ☐ Praise your child for trying a new food 2 times this week.