

Healthy Kids (HK)

Goal area/Scale/ Determinant	Rank	HK Questions	Number of questions	Affirmative response	Encouraging change response	Possible minor goals
Fruit and Vegetables	2	2. My child eats vegetables. 7. My child eats fruit. 12. I eat fruit ___ times a day. 13. I buy vegetables. 14. I buy fruits. 19. I keep fruit ready for my child to eat. 26. My child eats snack foods like apples, bananas or carrots. 27. My child eats ___ vegetables at his main meal. 29. My child eats more than one kind of vegetable a day. 37. My child sees me eat vegetables. 39. I keep vegetables ready for my child to eat.	11	Great job serving and eating fruits and vegetables.	You may want to add more fruit and vegetables to your family's meals and snacks.	Let your child choose a fruit and vegetable on your next shopping trip. Offer your family 2 vegetables at dinner 3 times this week. Fix a fruit or vegetable snack with your child 2 times this week.
Energy Dense	1	18. I buy chips, candy or cookies. 21. My child eats snack foods like cookies, chips and candy. 23. My child eats a meal while watching TV. 31. My child eats candy, cake or cookies ___ times a day. 32. My child drinks soda or sugared drinks. 33. My child drinks soda ___ times a day. 34. My child drinks sport drinks or sugared drinks ___ times a day. 36. My child eats chips for snacks ___ times a day.	8	Good job! You serve healthy snacks and drinks.	You may want to work on buying fewer sugared drinks and snacks like chips, candy and cookies.	Choose water, unsweetened tea, diet soda or milk when eating out this week. Serve your child water or milk instead of soda, fruit punch or sports drinks 3 times this week. Serve a fruit or vegetable snack instead of cookies, candy or chips 2 times this week.
Planning /parenting	6	11. I plan meals. 41. I sit and eat a meal with my child. 42. I cook my child's dinner from scratch.	3	Congratulations! You do a good job planning meals and eating with your family.	You may want to work on planning meals and eating with your family.	Use your favorite recipe book to plan 2 meals this week. Sit and eat a meal with your child 3 times this week. Fix dinner with your child 2 times this week.
Physical Activity	4	1. My child is outside ___ hours a day. 5. My child plays outside ___ days a week. 17. I play outside with my child ___ days a week.	3	Great job encouraging your child to be physically active.	You may want to work on helping your child be more physically active.	Play outside with your child 3 days this week. Plan a family outdoor activity this week.

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						Take your child to the park at least 1 day this week.
TV/Screen time	5	10. My child likes playing inside instead of watching TV. 15. I know what my child watches on TV. 22. My child has a TV in his bedroom. 24. My child watches TV ____ hours a day. 30. My child plays video or computer games ____ hours a day. 45. I watch TV ____ hours a day.	6	Great job limiting your child's screen time.	You may want to work on limiting your child's screen time.	Keep your child's screen time to 1-2 hours, 3 days this week. Remove TV/video games from child's room this week. Play games with your child for 1 hour, 2 times this week when he or she usually watches TV.
Dietary Fat	3	9. My child drinks milk. (no, whole, 2%, 1%, skim, soy) 35. My child eats fast food ____ times a week. 38. My family eats fried foods ____ times a week 40. We eat out ____ times a week. 43. I trim fat before eating meat. 44. I eat the skin on chicken.	6	You do a great job serving foods low in fat.	You may want to choose foods low in fat.	Trim fat from meat or remove skin from chicken 3 times this week. Instead of whole-milk, serve reduced-fat or fat-free milk at your main meal 3 times this week. Instead of eating out this week, plan a meal where your family is involved in the preparation.
Calcium/Dairy	7	8. My child drinks milk ____ times a day. 16. I drink milk ____ times a day.	2	Good job! You are serving dairy and calcium foods at your family's meals.	You may want to work on increasing dairy and calcium foods.	Serve milk with your child's main meal 3 times this week. Drink milk with your child at 3 meals this week. Order milk when eating out this week.