

Healthy Kids



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

Name

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 be around P.M.

4

My child gets up around A.M.

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.

9

My child drinks milk.

☐
no


☐
whole

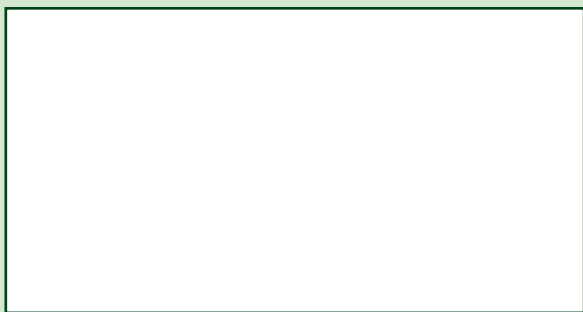

☐
2% reduced fat


☐
1% lowfat


☐
skim/nonfat


☐
soy

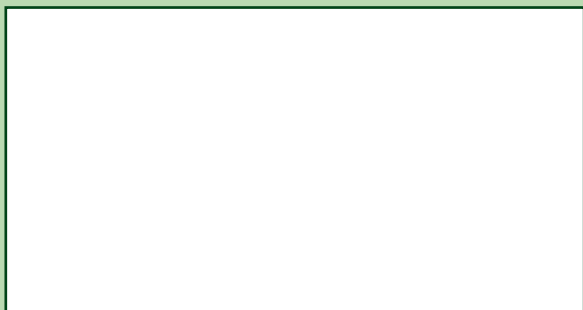
10



My child likes playing instead of watching TV.

☐ rarely ☐ sometimes ☐ often ☐ very often ☐ always

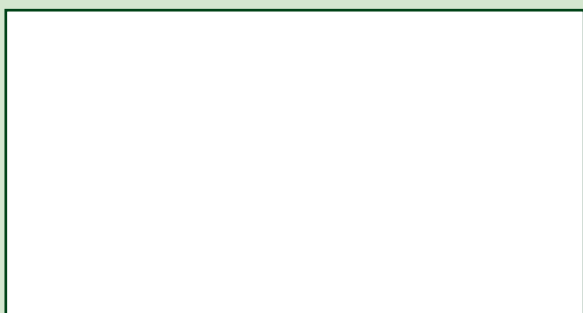
11



I plan meals.

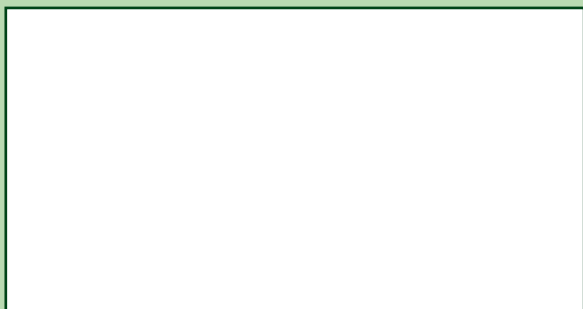
☐ rarely ☐ sometimes ☐ often ☐ very often ☐ always

12



I eat fruit times a day.

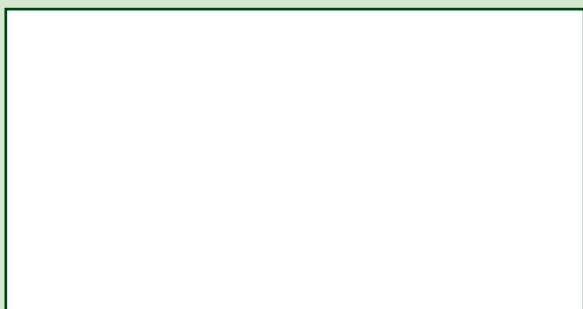
13



I buy vegetables.

☐ rarely ☐ sometimes ☐ often ☐ very often ☐ always

14



I buy fruits.

☐ rarely ☐ sometimes ☐ often ☐ very often ☐ always

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

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,
bannanas 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

I watch TV ____ hours a day.

0

1

2

3

4

5

6

or more



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- Ontai L, Ritchie L, Williams ST, Young T, Townsend MS. Guiding family-based obesity prevention efforts in children, Part 1: What determinants do we target? *Intl J Child Adolescent Health* 2009; Vol 2 (1): 19-30.
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