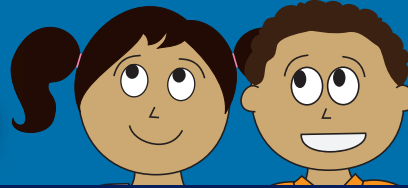


MyChild^{at} Meal Time

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



Name

Date

Think about what you usually do when your child is eating. Do not include school time.



1

I get my child to eat by explaining
that the food is good for him.

☐

no/rarely

☐

sometimes

☐

often

☐

very often

2

My child sits and eats with an adult.

☐

no/rarely

☐

sometimes

☐

often

☐

very often

3

I tell my child she will get a treat for eating.

☐

no/rarely

☐

sometimes

☐

often

☐

very often

4

I plan meals.

☐

no/rarely

☐

sometimes

☐

often

☐

very often

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



5

I ask my child to try a little bit of a new food.

☐

no/rarely

☐

sometimes

☐

often

☐

very often

6

I remind my child to keep eating her food.

☐

no/rarely

☐

sometimes

☐

often

☐

very often

7

I prepare at least one food that I know
my child will eat.

☐

no/rarely

☐

sometimes

☐

often

☐

very often

8

I praise my child for eating.

☐

no/rarely

☐

sometimes

☐

often

☐

very often

9

I help my child with eating
(cut food, cool the food).

☐

no/rarely

☐

sometimes

☐

often

☐

very often

10

I get my child to eat by making food fun.

☐

no/rarely

☐

sometimes

☐

often

☐

very often

11

I tell my child he will get in trouble
for not eating (no toys, time out).

☐

no/rarely

☐

sometimes

☐

often

☐

very often

12

My child eats a snack at about
the same time everyday.

☐

no/rarely

☐

sometimes

☐

often

☐

very often

13

My child eats dinner at about
the same time everyday.

☐

no/rarely

☐

sometimes

☐

often

☐

very often

14

I struggle with my child to get her to eat
(pick her up and put her in the chair).

☐

no/rarely

☐

sometimes

☐

often

☐

very often

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



15

I warn my child he will not get a treat
if he does not eat.

☐
no/rarely

☐
sometimes

☐
often

☐
very often

16

I say good things about
the food my child is eating

☐
no/rarely

☐
sometimes

☐
often

☐
very often

17

I ask my child to pick from
foods already cooked.

☐
no/rarely

☐
sometimes

☐
often

☐
very often

18

I hand-feed my child to get her to eat.

☐
no/rarely

☐
sometimes

☐
often

☐
very often

19

I say to my child,
“Hurry up and eat your food”.

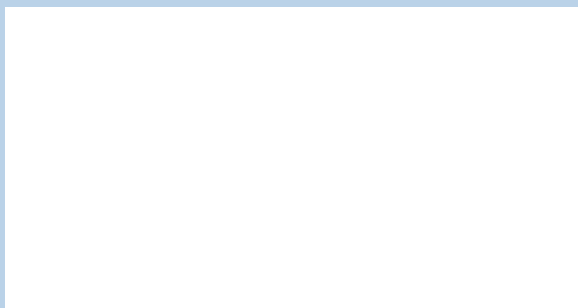
☐
no/rarely

☐
sometimes

☐
often

☐
very often

20



I tell my child that she needs to eat an item on her plate (“Eat your chicken”).

☐ no/rarely ☐ sometimes ☐ often ☐ very often

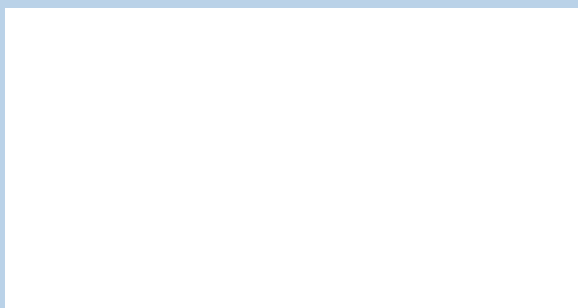
21



I tell my child I do not like it that he is not eating.

☐ no/rarely ☐ sometimes ☐ often ☐ very often

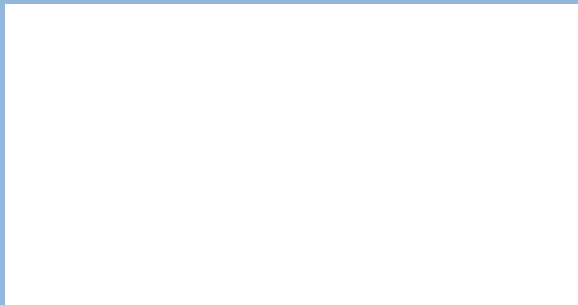
22



I ask my child questions about the food she is eating.

☐ no/rarely ☐ sometimes ☐ often ☐ very often

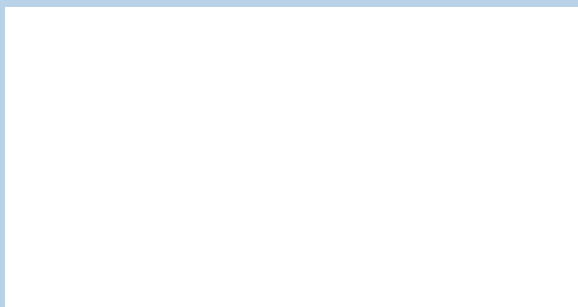
23



I let my child serve himself.

☐ no/rarely ☐ sometimes ☐ often ☐ very often

24



I tell my child that I will reward her for eating with TV, playtime or videogames.

☐ no/rarely ☐ sometimes ☐ often ☐ very often

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

25



A TV is on when my child eats.

☐ no/rarely ☐ sometimes ☐ often ☐ very often

26

My child skips meals.

☐ no/rarely ☐ sometimes ☐ often ☐ very often

27

I beg my child to eat his food.

☐ no/rarely ☐ sometimes ☐ often ☐ very often

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My Child at Meal Time Instruction Guide is available at <http://HealthyKids.UCDavis.edu> (within the Director's account)

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