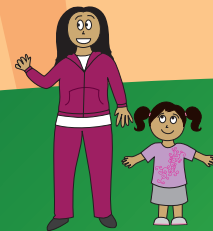


# Healthy Kids

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

I sit and eat a meal with my child.

☐ rarely

☐ some days

☐ most days

☐ almost every day

☐ every day

2

My child eats fruit.

☐ rarely

☐ some days

☐ most days

☐ almost every day

☐ every day

3

My child goes to bed around  P.M.

4

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

☐ 0

☐ 1

☐ 2

☐ 3 or more

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

5



I keep fruit ready for my child to eat.

☐ rarely

☐ some days

☐ most days

☐ almost every day

☐ every day

6

My child drinks milk  times a day.

7

My child likes playing instead of watching TV.

☐ rarely

☐ sometimes

☐ often

☐ very often

☐ always

8

I buy vegetables.

☐ rarely

☐ sometimes

☐ often

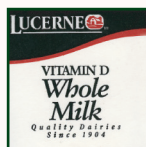
☐ very often

☐ always

9

My child drinks milk.

☐ no



☐ whole



☐ 2% reduced fat



☐ 1% lowfat



☐ skim/nonfat



☐ soy

10

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

☐  
0

☐  
1

☐  
2

☐  
3

☐  
4

☐  
5

☐  
6

or more

11

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

☐  
rarely

☐  
some  
days

☐  
most  
days

☐  
almost  
every  
day

☐  
every  
day

12

My child drinks soda or sugared drinks.

☐  
no

☐  
some  
days

☐  
most  
days

☐  
almost  
every  
day

☐  
every  
day

13

I buy fruit.

☐  
rarely

☐  
sometimes

☐  
often

☐  
very often

☐  
always

14

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

☐  
0

☐  
1

☐  
2

☐  
3

☐  
4

☐  
5

or more

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



15

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

☐  
0

☐  
1

☐  
2

☐  
3

☐  
4

☐  
5  
or more

16

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

☐  
0

☐  
1

☐  
2

☐  
3

☐  
4

☐  
5  
or more

17

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

☐  
rarely

☐  
some  
days

☐  
most  
days

☐  
almost  
every  
day

☐  
every  
day

18

I trim fat before eating meat.

☐  
rarely

☐  
sometimes

☐  
often

☐  
very often

☐  
always

19

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

☐  
0

☐  
1

☐  
2

☐  
3

☐  
4

☐  
5  
or more



Townsend MS, Shilts MK, Styne D, Lanoue L, Ontai L. Healthy Kids. [19-item pictorial assessment of obesity prevention behaviors in the family environment]. Design: M Reed. University of California Cooperative Extension. Copyright © Regents of the University of California. All rights reserved. January 2017

The qualitative and quantitative research for this obesity prevention assessment tool was conducted at SETA Head Start, Sacramento CA, and DHHS WIC, Sacramento CA by University of California at Davis [Nutrition and Human Ecology], University of California Davis Medical Center [Pediatrics], and USDA Western Human Nutrition Research Center.

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The content of this tool is based on:

- Townsend MS, Shilts MK, Sylva K, Davidson C, Leavens, Sitnick S, Ontai L. Obesity Risk for Young Children: Development and initial validation of an assessment tool participants of USDA programs. Forum For Family and Consumer Issues. 2014. Vol. 19, No.3.
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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

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

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