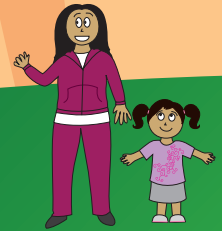


# Healthy Kids

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.

I sit and eat a meal with my child.

- ☐ rarely    ☐ some days    ☐ most days    ☐ almost every day    ☐ every day

My child eats fruit.

- ☐ rarely    ☐ some days    ☐ most days    ☐ almost every day    ☐ every day

My child goes to bed around  P.M.

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

- ☐ 0    ☐ 1    ☐ 2    ☐ 3 or more

I keep fruit ready for my child to eat.

☐

rarely

☐

some  
days

☐

most  
days

☐

almost  
every  
day

☐

every  
day

My child drinks milk  times a day.

My child likes playing instead of  
watching TV.

☐

rarely

☐

sometimes

☐

often

☐

very  
often

☐

always

I buy vegetables.

☐

rarely

☐

sometimes

☐

often

☐

very  
often

☐

always

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

☐

0

☐

1

☐

2

☐

3

☐

4

☐

5  
or more

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

☐

0

☐

1

☐

2

☐

3

☐

4

☐

5

☐

6  
or more

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

☐

rarely

☐

some  
days

☐

most  
days

☐

almost  
every  
day

☐

every  
day

My child drinks soda or sugared drinks.

☐

rarely

☐

some  
days

☐

most  
days

☐

almost  
every  
day

☐

every  
day

I buy fruit.

☐

rarely

☐

sometimes

☐

often

☐

very  
often

☐

always

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

☐

0

☐

1

☐

2

☐

3

☐

4

☐

5  
or more

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

☐ 0    ☐ 1    ☐ 2    ☐ 3    ☐ 4    ☐ 5  
or more

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

☐ rarely    ☐ some  
days    ☐ most  
days    ☐ almost  
every  
day    ☐ every  
day

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

☐ rarely    ☐ some  
days    ☐ most  
days    ☐ almost  
every  
day    ☐ every  
day

I trim fat before eating meat.

☐ rarely    ☐ sometimes    ☐ often    ☐ very  
often    ☐ always

My child drinks milk.

☐ no



☐ whole



☐ 2%  
reduced  
fat



☐ 1%  
lowfat



☐ skim/  
nonfat



☐ soy

The content of this tool is based on:

- Townsend MS, Shills MK, Sylvia K, Davidson C, Leavens, Sinick S, Ontai L. Obesity Risk for Young Children: Development and initial validation of an assessment tool for family and consumer issues. 2014. Vol. 19, No. 3. • Townsend MS, Young T, Ontai L, Richie L, Williams ST. Guiding family-based obesity prevention efforts in low-income children in the United States: Part 2 -What behaviors do we measure? Int J Child Adolesc Health. 2009; Vol 2 (1): 31-48. • Townsend MS, Shills M, Syne D, Allen L, Drake C, Ontai L. Healthy Kids Obesity Risk Assessment Demonstrates Predictive Validity in Sample of Low-income Children. FASEB [Experimental Biology], Boston, MA: FASEB J. 2015; 29 Suppl 1:731.5 • Townsend MS, Shills MK, Syne DM, Drake C, Lanoue L, Woodhouse L, Allen LH. Vegetable behavioral tool demonstrates validity with MyPlate vegetable cups and carotenoid and inflammatory biomarkers. Appetite. 2016;107:628-638.

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Townsend MS, Shills MK, Syne D, Lanoue L, Ontai L. Design: M Reed. University of California Cooperative Extension. Copyright © Regents of the University of California. All rights reserved. July 2016.

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