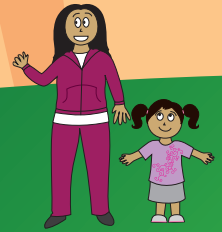


Healthy Kids

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 her main meal.

- ☐ 0 ☐ 1 ☐ 2 ☐ 3 or more

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 plays video or computer
games ____ hours a day.

☐
0

☐
1

☐
2

☐
3

☐
4

☐
5
or more

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,
bananas or carrots.

☐

rarely

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

12

My child drinks soda or sugared drinks.

☐

rarely

☐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

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.

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

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 drinks milk.

☐
no



☐
whole



☐
2%
reduced
fat



☐
1%
lowfat



☐
skim/
nonfat



☐
soy

The content of this tool is based on:

- Townsend MS, Shills MK, Sylva K, Davidson C, Leavens, Strick S, Ontai L. Obesity Risk for Young Children: Development and initial validation of an assessment tool for participants of USDA programs. Forum For Family and Consumer Issues. 2014. Vol. 19, No.3. • Townsend MS, Young T, Ontai L, Ritchie 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 MK, Sylva K, Leavens, Strick S, Ontai L. An obesity risk assessment tool for young children: validity with BMI and nutrient values. J Nutr Educ Behav. 2018;50:705-717. • Townsend MS, Shills MK, Sylva K, Leavens, Strick S, Ontai L. An obesity risk assessment tool for young children: validity with BMI and nutrient values. J Nutr Educ Behav. 2018;50:705-717. • Townsend MS, Shills MK, Sylva K, Leavens, Strick S, Ontai L. An obesity risk assessment tool for young children: validity with BMI and nutrient values. J Nutr Educ Behav. 2018;50:705-717.

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