Identification Number: _______________

***To assign yourself a unique identification number, please combine the initials of your first and last name with the 4 digits that describe the month and day of your birth. For example, Laura Taylor was born on July 4; her unique identification number is: LT0704.

Socializing Healthy Habits in Young Children:  
Part I: Nutrition Education  
6-Month Follow-Up

How often do you:

1. Sit with children during meals and snacks?  
   - Never  
   - Rarely  
   - Monthly  
   - Weekly  
   - Daily

2. Eat the same food as the children?  
   - Never  
   - Rarely  
   - Monthly  
   - Weekly  
   - Daily

3. Allow children to serve themselves?  
   - Never  
   - Rarely  
   - Monthly  
   - Weekly  
   - Daily

4. Encourage children to taste all foods offered?  
   - Never  
   - Rarely  
   - Monthly  
   - Weekly  
   - Daily

5. Use mealtimes for nutrition education?  
   - Never  
   - Rarely  
   - Monthly  
   - Weekly  
   - Daily

6. Hurry children to eat?  
   - Never  
   - Rarely  
   - Monthly  
   - Weekly  
   - Daily

7. Involve children in food preparation?  
   - Never  
   - Rarely  
   - Monthly  
   - Weekly  
   - Daily

8. Talk about the four food groups?  
   - Never  
   - Rarely  
   - Monthly  
   - Weekly  
   - Daily

9. Require children to eat all of their food?  
   - Never  
   - Rarely  
   - Monthly  
   - Weekly  
   - Daily

10. Use food as a reward, punishment or pacifier?  
    - Never  
    - Rarely  
    - Monthly  
    - Weekly  
    - Daily

11. Let children watch TV during meals?  
    - Never  
    - Rarely  
    - Monthly  
    - Weekly  
    - Daily

12. Include children in menu planning?  
    - Never  
    - Rarely  
    - Monthly  
    - Weekly  
    - Daily

Do you have:

1. Child-sized eating utensils (forks, cups, etc)?  
   - Yes  
   - No

2. A food guide pyramid posted on the wall?  
   - Yes  
   - No

3. Pretend play fruits and vegetables?  
   - Yes  
   - No

4. Cookbooks especially for children?  
   - Yes  
   - No

5. Pretend play fast food items?  
   - Yes  
   - No

6. A pretend play kitchen area?  
   - Yes  
   - No

Because of this workshop, I.....