Socializing Healthy Habits in Young Children:
Part I: Nutrition Education

Pre-Session Information Sheet

How often do you:

2. Eat the same food as the children? □ 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
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

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