

Family Nutrition Assessment

Family members influence a child's eating and physical activity patterns and attitudes for life. What children do and how they feel about food has implications for nutrition and overall health. Take a moment to assess your own family's eating and physical activity practices. Place a check mark in the column that best describes your practice.

As a parent, family member, or caregiver, do you ...

| | Always | Usually | Sometimes | Never |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| Eat meals as a family? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Serve meals and snacks on a regular schedule? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Give your youngster freedom to choose the foods he or she eats? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Respect a child's appetite when he or she has had enough? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Involve children in planning and preparing family food? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Make an effort to keep mealtimes pleasant? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Include snacks as part of the day's eating plan? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Attempt to confine eating to the kitchen, dining room, or another designated place? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Set a good role model with your food decisions? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Avoid rewarding or punishing a child with food? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Give kids enough time to eat? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Turn off the TV while you eat together? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Offer foods that appeal to children? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Serve a variety of foods for meals and snacks? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Offer new foods and new combinations? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Avoid forcing a child to eat? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Set a good role model by being physically active? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Limit TV time to one to two hours daily? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Encourage children to play actively? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Enjoy physical activity regularly as a family? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

To score, count the number of check marks in each column. Then multiply the number of each answer by these scores:

Each “always” gets 3 points.

Each “usually” gets 2 points.

Each “sometimes” gets 1 point.

Each “never” gets 0 points.

What does your score suggest? If you scored **40 to 60** points, you apply what you know about nurturing positive eating and physical activity patterns.

A score of **20 to 39** suggests you're on the right track for feeding kids and exercising with them, but there's still room to make positive changes in your family's lifestyle.

If you scored less than **20**, you'd be wise to make significant changes in your family's approach to food and physical activity.

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