Nutrition Screening Tool for Every Preschooler





Évaluation de 'alimentation des enfants d'âge préscolaire

- Below are questions about your preschool child's (3 to 5 year old) eating and other habits.
- Think about your child's every day habits when answering. Check ($\sqrt{}$) only one answer for each question.
- There is a number from 0 to 4 beside each answer. This number is a score for that question. At the bottom of each page is a box for the score for the page. For each page, add up the scores for each question.
- At the end of the questionnaire, you will add the page scores to get the total score.
- 1. My child usually eats grain products: Examples are bread, bagel, bun, cereal, pasta, rice, roti and tortillas.
 - $_{0}$ More than 5 times a day
 - $_1\square$ 4 to 5 times a day
 - $_2\square$ 2 to 3 times a day
 - $_4\square$ Less than 2 times a day
- 2. My child usually has milk products: Examples are white or chocolate milk, cheese, yogurt, milk puddings or milk substitutes such as fortified soy beverages.
 - $_{0}\square$ More than 3 times a day
 - $_1\square$ 3 times a day
 - $_2\square$ 2 times a day
 - $_4\square$ Once a day or less
- 3. My child usually eats fruit:
 - $_{0}\square$ More than 3 times a day
 - $_1\square$ 3 times a day
 - $_2\square$ 2 times a day
 - $_{3}\square$ Once a day
 - $_4\square$ Not at all



- 4. My child usually eats vegetables:
 - $_{0}$ More than 2 times a day
 - $_1\square$ 2 times a day
 - $_{3}\square$ Once a day
 - $_4\square$ Not at all
- 5. My child usually eats meat, fish, poultry or alternatives: Alternatives can be eggs, peanut butter, tofu, nuts, or dried beans, peas and lentils.
 - $_{0}\square$ More than 2 times a day
 - $_1\square$ 2 times a day
 - $_2\square$ Once a day
 - $_{3}\square$ A few times a week
 - $_4\square$ Not at all
- 6. My child usually eats "fast food":
 - $_4\square$ 4 or more times a week
 - $_{3}$ 2 to 3 times a week
 - $_2\square$ Once a week
 - $_{1}\square$ A few times a month
 - $_{0}\square$ Once a month or less
- 7. I have difficulty buying food to feed my child because food is expensive:
 - $_4\square$ Most of the time
 - $_2\square$ Sometimes
 - 1 Rarely
 - $_{0}$ Never
- 8. My child has problems chewing, swallowing, gagging or choking when eating:
 - $_4\square$ Most of the time
 - $_2\square$ Sometimes
 - $_{1}\square$ Rarely
 - $_{0}$ Never
- 9. My child is *not* hungry at mealtimes *because* he/she drinks all day:
 - $_4\square$ Most of the time
 - ₂ Sometimes
 - 1 Rarely
 - $_{0}$ Never



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- 10. My child usually eats:
 - $_4\square$ Less than 2 times a day
 - $_{3}\square$ 2 times a day
 - $_1\square$ 3 to 4 times a day
 - $_{0}$ 5 times a day
 - $_{2}$ More than 5 times a day
- 11. I let my child decide how much to eat:
 - ₀□ Always
 - $_1\square$ Most of the time
 - $_2\square$ Sometimes
 - ₃ Rarely
 - ₄ Never
- 12. My child eats meals while watching TV:
 - $_4\square$ Always
 - $_{3}\square$ Most of the time
 - ₂ Sometimes
 - 1 Rarely
 - $_{o}$ Never
- 13. My child usually takes supplements: Examples are multivitamins, iron drops, cod liver oil.
 - ₄ Always
 - $_{3}\Box$ Most of the time
 - ₂ Sometimes
 - 1 Rarely
 - $_{0}$ Never
- 14. My child:
 - $_4\square$ Needs more physical activity
 - $_{0}\square$ Gets enough physical activity
- 15. My child usually watches TV, uses the computer, and plays video games:
 - $_4\square$ 5 or more hours a day
 - $_{3}\square$ 4 hours a day
 - $_{2}$ 3 hours a day
 - $_1\square$ 2 hours a day
 - $_{0}\square$ 1 hour or less a day

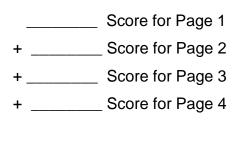
Total Score for Page 3

- 16. I am comfortable with how my child is growing:
 - ₀□ Yes
 - ₄□ No
- 17. My child:
 - $_4\square$ Should weigh more
 - $_{0}\square$ Is about the right weight
 - $_2\square$ Should weigh less



Total Score for Page 4

To get a total score, add the scores for each page.



What does your NutriSTEP[™] score mean?

If the total score is 20 or less:

Your child's eating and activity habits are good. There may be things that you want to work on; check out the educational material provided for tips and more information.

If the total score is 21 to 25:

Your child's eating and activity habits can be improved by making some small changes. Check out the educational material provided or [insert local contact information] for tips and more information.

If the total score is 26 and greater:

Your child's eating and activity habits can be improved by making some changes. For suggestions, talk to a health professional such as a registered dietitian, your family doctor or paediatrician or [insert local contact information].