

# Nutrition Screening Tool for Every Preschooler



## Instructions

- 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 (✓) 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.

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### 1. My child usually eats grain products:

*Examples are bread, bagel, bun, cereal, pasta, rice, roti and tortillas.*

- <sub>0</sub> More than 5 times a day  
<sub>1</sub> 4 to 5 times a day  
<sub>2</sub> 2 to 3 times a day  
<sub>4</sub> 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.*

- <sub>0</sub> More than 3 times a day  
<sub>1</sub> 3 times a day  
<sub>2</sub> 2 times a day  
<sub>4</sub> Once a day or less

### 3. My child usually eats fruit:

- <sub>0</sub> More than 3 times a day  
<sub>1</sub> 3 times a day  
<sub>2</sub> 2 times a day  
<sub>3</sub> Once a day  
<sub>4</sub> Not at all

**Total Score for Page 1**

4. My child usually eats vegetables:

- More than 2 times a day
- 2 times a day
- Once a day
- 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.*

- More than 2 times a day
- 2 times a day
- Once a day
- A few times a week
- Not at all

6. My child usually eats "fast food":

- 4 or more times a week
- 2 to 3 times a week
- Once a week
- A few times a month
- Once a month or less

7. I have difficulty buying food to feed my child because food is expensive:

- Most of the time
- Sometimes
- Rarely
- Never

8. My child has problems chewing, swallowing, gagging or choking when eating:

- Most of the time
- Sometimes
- Rarely
- Never

9. My child is **not** hungry at mealtimes **because** he/she drinks all day:

- Most of the time
- Sometimes
- Rarely
- Never

**Total Score for Page 2**

10. My child usually eats:

- <sub>4</sub> Less than 2 times a day
- <sub>3</sub> 2 times a day
- <sub>1</sub> 3 to 4 times a day
- <sub>0</sub> 5 times a day
- <sub>2</sub> More than 5 times a day

11. I let my child decide how much to eat:

- <sub>0</sub> Always
- <sub>1</sub> Most of the time
- <sub>2</sub> Sometimes
- <sub>3</sub> Rarely
- <sub>4</sub> Never

12. My child eats meals while watching TV:

- <sub>4</sub> Always
- <sub>3</sub> Most of the time
- <sub>2</sub> Sometimes
- <sub>1</sub> Rarely
- <sub>0</sub> Never

13. My child usually takes supplements:

*Examples are multivitamins, iron drops, cod liver oil.*

- <sub>4</sub> Always
- <sub>3</sub> Most of the time
- <sub>2</sub> Sometimes
- <sub>1</sub> Rarely
- <sub>0</sub> Never

14. My child:

- <sub>4</sub> Needs more physical activity
- <sub>0</sub> Gets enough physical activity

15. My child usually watches TV, uses the computer, and plays video games:

- <sub>4</sub> 5 or more hours a day
- <sub>3</sub> 4 hours a day
- <sub>2</sub> 3 hours a day
- <sub>1</sub> 2 hours a day
- <sub>0</sub> 1 hour or less a day

**Total Score for Page 3**

16. I am comfortable with how my child is growing:

Yes

No

17. My child:

Should weigh more

Is about the right weight

Should weigh less

**Total Score for Page 4**

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

\_\_\_\_\_ Score for Page 1  
+ \_\_\_\_\_ Score for Page 2  
+ \_\_\_\_\_ Score for Page 3  
+ \_\_\_\_\_ Score for Page 4

**=  Total Score**

### **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].