



Let's Move! Child Care

# Food Served At Child Care Checklist Quiz

Recommendations for Preschoolers, Infants and Toddlers

06.01.11

## Recommendations for Food Served to Toddlers and Preschoolers at Child Care:

- 1) Serve a fruit (no juice) and/or a vegetable at every meal
- 2) Serve all meals family style
- 3) Never serve fried foods

Fruits and Vegetables Provisions				
A. Fruit (not juice) and/ or a vegetable (not including French fries, tater tots, hash browns, or dried beans) is offered to toddlers and preschoolers at every meal:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
B. Toddlers and preschoolers are offered fruit that is fresh, frozen or canned <b>in juice</b> (not syrup),:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
C. Toddlers and preschoolers are offered a variety of vegetables, such as dark green, orange, red, and deep yellow vegetables (not including potatoes, corn, and green beans) :	<input type="checkbox"/> Less than 1 time per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1 or more times per day
D. Cooked vegetables are prepared with added meat fat, margarine or butter:	<input type="checkbox"/> All of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Rarely or never
Meats and Fats Provisions				
A. Fried or pre-fried potatoes (French fries, tater tots, hash browns) are offered to toddlers and preschoolers :	<input type="checkbox"/> 2 or more times per week	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> Less than 1 time a week	<input type="checkbox"/> Never
B. Fried or pre-fried (frozen and breaded) meats (chicken nuggets) or fish (fish sticks) are offered to toddlers and preschoolers:	<input type="checkbox"/> 2 or more times per week	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> Less than 1 time a week	<input type="checkbox"/> Never
C. Beans or lean meats (baked or broiled chicken, turkey, or fish) are offered toddlers and preschoolers:	<input type="checkbox"/> Less than 1 time per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1 or more times per day
Feeding Environment				
A. Preschooler meals are served family style (children are encouraged to serve themselves with limited help):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
B. For infants and toddlers, providers support self-feeding skills (infant/toddler encouraged to finger-feed self; fork and spoon introduced when ready) and transition to family style meals provided when appropriate:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time

C. Visual exposure and prompts to eat healthy foods (e.g. books, posters, fruit bowls, gardens) for toddlers and preschoolers occur through: :	<input type="checkbox"/> Few to no exposures or prompts	<input type="checkbox"/> Some exposures and/or prompts, but limited variety	<input type="checkbox"/> A large variety of exposures and prompts	<input type="checkbox"/> A large variety of exposures and prompts, with new opportunities introduced regularly
<b>Provider Behaviors</b>				
A. Providers join children at the table for meals and talk informally about trying and enjoying healthy food:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
B. In front of the children, providers consume the same food and drinks as children, and avoid unhealthy foods (e.g., soda, sweets, and fast food):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
C. Providers teach toddlers and preschool children about healthy foods and the pleasure of eating using both formal (e.g. circle time lessons) and informal (e.g. mealtime conversations) opportunities:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
<b>Education</b>				
A. Training opportunities on nutrition (other than food safety and food program guidelines) are offered to providers:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year or more
B. Parents of toddlers and preschool children are offered nutrition education (workshops, activities, and/or take home materials):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 or more times per year
<b>Policy</b>				
A. At our child care facility, a written policy on nutrition and food service that includes foods offered, the food environment, provider behaviors, and education:	<input type="checkbox"/> Does not exist	<input type="checkbox"/> Is generally followed but is not written	<input type="checkbox"/> Is written, generally followed, and sometimes shared with parents	<input type="checkbox"/> Is written, available, followed, and always shared with parents

The Let's Move! Child Care Checklist Quiz is based on the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) program. Quiz development was led by Dr. Dianne S. Ward, with the assistance of her research team, including Temitope Erinosh, Christina McWilliams, Amber Vaughn, Chris Ford, and Phil Hanson; and in consultation with the Centers for Disease Control and Prevention and expert reviewers, including (in alphabetical order) the Carolina Global Breast Feeding Institute, Marsha Dowda, Sybille Kranz, Sara Switzer, Stewart Trost, and Heather Wasser.