




























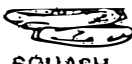













Mamáy'asnim Hitéemenwees Nutrition Assessment

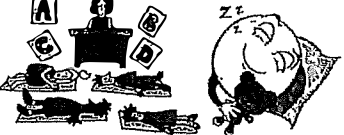
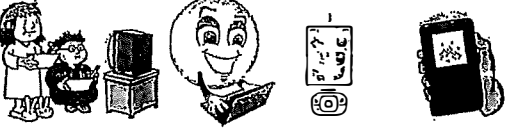
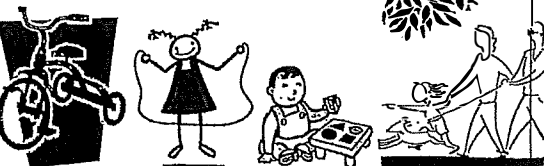
Child Name:				Date:				
Circle the foods your child eats or drinks (Section 1)				Circle the best answer (Section 2)				
 MILK (any kind)  CHEESE (except cream or cottage cheese)  YOGURT				1 1. My child eats from this food group: a) less than 3 times a day b) 3 to 4 times a day c) 5 or more times a day				
 MEAT & POULTRY (any kind)  EGGS  COTTAGE CHEESE  PEANUT BUTTER				2 2. My child eats from this food group: a) less than 2 times a day b) 2 or more times a day				
 CEREAL (any kind)  BREAD (any kind)  NOODLES, SPAGHETTI  CRACKERS  TORTILLA				3 3. My child eats from this food group: a) less than 3 times a day b) 3 to 4 times a day				
 ORANGE (or juice)  TOMATO (or juice)  GRAPEFRUIT (or juice)  BROCCOLI  CABBAGE				4 4. My child eats from this food group: a) less than once a day b) 1 or more times a day				
 DARK, LEAFY GREENS (spinach, romaine lettuce, mustard greens, etc.)  CARROTS  APRICOTS  SQUASH (dark yellow)  YAMS (or sweet potatoes)				5 5. My child eats from this food group: a) less than 3 times a week b) 3 or more times a week				
 APPLES  PEACHES  POTATOES (white)  LETTUCE (iceberg)  BANANAS  PEARS  GREEN BEANS  SQUASH (zucchini)  CORN  PEAS				6 6. My child eats from this food group: a) less than 2 times a day b) 2 or more times a day				
 SODA POP  CANDY  DOUGHNUTS, CAKES, PIES, COOKIES  TANG, HI-C, KOOLAID  JELLO  POPSICLES  SUGARY CEREALS				7 7. My child eats from this food group: a) 3 or more times a day b) less than 3 times a day				
Check (Section 3)		Yes	No	Check	Yes	No	Circle the food programs in which your family participates (Section 4)	
Is child allergic to any foods?				Does child live in a home that has running water and a stove and refrigerator which work?				Food Stamps
Does child drink caffeinated drinks?				Are you satisfied with what this child eats?				WIC

Does child ever eat dirt, clay, paint chips, ice?		Does child take vitamins? Or iron?		Commodities
Does child have diarrhea or constipation often?		Is child a vegetarian?		Other:
Do you ever run out of food to feed the child or family?		Is there foods child does not eat for religious reason?		
Does the child eat breakfast every day?				

Infants (Section 5)

How many times does your infant eat each day? _____ What formula? _____ Milk %? _____ Breast Milk? _____
 How many ounces? _____ First feeding method: Bottle fed _____ Nursed _____

Healthy Active Living (Section 6)

	<p>1. How many hours of sleep does your child get per day?</p>
	<p>2. My child gets "screen time" (TV, video games, computer, phone, etc.)</p> <ol style="list-style-type: none"> Less than one (<1) hour per day. More than one (1) hour per day. More than two (2+) hours per day.
	<p>3. How much physical activity does your child get per day?</p> <ol style="list-style-type: none"> Less than one (<1) hour per day. More than (1) hour per day. More than two (2+) hours per day.

Follow-up to nutrition assessment

If nutrition assessment finds inadequate diet (e.g., too little, too much, or unhealthy foods), growth problems (e.g., failure to thrive or overweight), or anemia, the child should be referred to a health care provider for evaluation and treatment.

Treatment may include:

- Referral to a nutritionist
- Counseling for parents and Head Start staff on the types and amounts of food the child should eat and recommended amount of physical activity
- Iron supplements or iron-enriched vitamins
- Treatment of medical conditions causing nutritional and growth problems

How a child eats can affect how she grows, develops, looks, and feels. Nutrition assessment and counseling can promote healthy growth and development. If you have questions or concerns about your child's nutrition please contact the Health & Safety Specialist or your local WIC Office.