

The Foodtalk Game 'Promoting Early Years Health' Early intervention questionnaire

Pre programme Post programme

Your name:

Child's age:

Relationship to child:

Primary language spoken at home:

Ethnicity:

Family healthy lifestyle score

How healthy is your family's lifestyle?	1	2	3	4	5	6	7	8	9	10
	Not healthy at all								Perfectly healthy	

How healthy would you like it to be?	1	2	3	4	5	6	7	8	9	10
	Not healthy at all								Perfectly healthy	

Parenting skills

I feel sure of myself as a mother/father	1	2	3	4	5
	never				always

I know I am doing a good job as a mother/father	1	2	3	4	5
	never				always

I know things about being a mother/father that would be helpful to other parents	1	2	3	4	5
	never				always

I can solve most problems between my child and me	1 never	2	3	4	5 always
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When things are going badly between my child and me, I keep trying until things begin to change	1 never	2	3	4	5 always
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Setting limits

Being an effective parent means encouraging good behaviour and setting limits. How well do you do this?

Mealtimes	1 Not well	2	3	4	5 very well
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Television and computer games	1 Not well	2	3	4	5 very well
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Active play <i>e.g. any kind of play that involves physical activity</i>	1 Not well	2	3	4	5 very well
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Bedtime	1 Not well	2	3	4	5 very well
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Family eating behaviours Please choose one	Once a month	Once every 2 weeks	One to two times a week	Three to six times a week	Once a day	More than once a day
Sit down together for a meal						
Eating takeaway food						
Have TV on at mealtimes						
Eating home-cooked meal						
Frequency with which children eat with adult at home						
Children allowed to eat when they want						
Children allowed to eat what they want						
Children eat at set times						

Family activity	Once a month	Once every 2 weeks	One to two times a week	Three to six times a week	Once a day	More than once a day
Please choose one						
Play with child at home						
Take child to playground						
Take child to organised activities						
Involve child in domestic chores						
Involve child in preparing meals						

Eating habits

Think about what you have offered to your child to eat in the last 4 weeks when answering the below:

<p>On average how many portions of fruits and vegetables do you offer to your child daily?</p> <p><i>Examples of a portion:</i> <i>Half medium apple, half a banana, half an orange, or</i> <i>A small fruits like plum, satsuma or kiwi</i> <i>Or a child's handful for vegetables or large fruits like melon</i></p>	<p>1-2 a day</p> <p>2-3 a day</p> <p>3-4 a day</p> <p>4-5 a day</p> <p>5 or more a day</p>
<p>How often do you buy food from a takeaway restaurant (e.g. pizza, chicken and chips, kebab etc)</p>	<p>Everyday</p> <p>4 or more times a week</p> <p>1 - 3 times a week</p> <p>Less than once a week</p>
<p>On average, how many sweet drinks does your child drink each day (e.g. fizzy drinks, flavoured milk, pure fruit juice, diluted fruit drink e.g. Ribena)</p>	<p>0</p> <p>1</p> <p>2</p> <p>3 or more</p>
<p>Snacks in my house are mostly (tick as many as appropriate)</p>	<p>Fruit or vegetables</p> <p>Savoury biscuit</p> <p>Crisps</p> <p>Sweet biscuits or sweets</p> <p>Cheese</p> <p>Milk</p> <p>Juice</p>
<p>Does your child take vitamin D drops?</p>	<p>Yes</p> <p>No</p>

Does your child drink from the bottle?	Yes
	No

In my opinion...	Agree	Neither agree or disagree	Disagree
My cultural foods are healthy because they are homemade			
If children are happy then they are healthy			
Health is simply the absence of illness			
I can still be very overweight and healthy			
My mental well being is not as important to my health as my physical well being			
Because I use vegetable oil in my cooking I don't need to worry how much I use			
If the food on a package looks healthy then it must be healthy			
If the children finish all the food on their plates then I am happy			
Breakfast cereal is a healthy option no matter what kind			
Boys need more physical activity than girls			