

KILLINGLY PUBLIC SCHOOLS

Goodyear Early Childhood Center
Killingly Family Resource Center
22 Williamsville Road, P.O. Box 218
Killingly, CT 06263

Sally Sherman, Principal

NUTRITION QUESTIONNAIRE

3-5 Years Old

To be completed before child enters program and renewed annually.

Child's Name: _____ D.O.B. _____ WIC: Yes / No SNAP: Yes / No

- 1. Tell me about your child's appetite: _____
- 2. Does your child feed him/herself? Yes No
- 3. Has your child been iron deficient in the past year? Yes No
- 4. Describe what you do when your child doesn't eat what you've prepared: _____

5. List what your child usually eats for:

Breakfast	Lunch	Dinner	Snacks

- 6. What food does our child especially like? _____
- 7. Are there any foods your child dislikes? Yes No If yes, what? _____
- 8. Does your child take vitamins? Yes No If yes, what kind? _____
Do they contain fluoride? Yes No Are they prescribed? Yes No Fluoride in water source Yes No
- *9. Are there any foods that your child should not eat for medical, religious or personal reasons? Yes No
If yes, what? _____
- *10. Has there been any big change in your child's appetite in the past month? Yes No
- *11. Does your child take a bottle? Yes No
- *12. Does your child have any problems with chewing or swallowing? Yes No
- *13. Does your child have problems with constipation? Yes No 13a. Diarrhea? Yes No
- *14. Is your child on any special diet? Yes No If yes, please describe: _____
- *15. Does your child eat or chew things that are not food? Yes No If yes, what? _____

*NOTE: Questions 9–15 yes answers require follow-up. Explain or give additional information on back of page.

How many times a day does your child eat?

- Milk, cheese, yogurt 0 1 2 3 4 +
- Meat, poultry, fish, eggs, peanut butter, dried peas/beans 0 1 2 3 4 +
- Bread, cereal, rice, grits, tortillas, cracker, muffins, bagels 0 1 2 3 4 +
- Fruits and vegetables (including 100% juice) 0 1 2 3 4 +
- Oil, butter, margarine, lard, fried foods 0 1 2 3 4 +
- Cookies, cakes, candy, gum, sodas, fruit drinks (like Kool-Aid) 0 1 2 3 4 +

How many times a week does your child eat? *

- Carrots, broccoli, greens, winter squash, sweet potato 0 1 2 3 4 5 6 7 +
- Tomatoes, oranges, grapefruits (fruit, sauce or juice) 0 1 2 3 4 5 6 7 +

*Additional information:

*Fruits and vegetables that are dark green, red & orange are high in vitamin C and A. These are important for children's growth and development. That is why we ask about those specific fruits and vegetables.