

Please answer the questions below

	Never	Rarely	Sometimes	Mostly	Always
1. How much do you keep track of the sweets/chocolate/ice cream/cake/pies/pastries your child eats?					
2. How much do you keep track of the savoury snack food (crisps, Doritos, cheese puffs) your child eats?					
3. How much do you keep track of the high fat foods that your child eats?					
4. How much do you keep track of the sugary drinks your child drinks?					
5. Do you let your child eat whatever s/he wants?					
6. At dinner, do you let your child choose the foods s/he wants from what is served?					
10. If your child does not like what is being served, do you make something else?					
11. Do you allow your child to eat snacks whenever s/he wants?					
12. Do you allow your child to leave the table when s/he is full, even if your family is not finished eating?					
13. Do you encourage your child to eat healthy foods before unhealthy ones?					

18. I have to be sure that my child does not eat too many high-fat foods.					
20. I allow my child to help prepare family meals.					
25. I discuss with my child why it's important to eat healthy foods.					
27. I encourage my child to eat less so he/she won't get fat.					
29. I give my child small helpings at meals to control his/her weight.					
31. I discuss with my child the nutritional value of foods.					
32. I encourage my child to participate in food shopping.					
33. If my child eats more than usual at one meal, I try to restrict his/her eating at the next meal.					
34. I restrict the food my child eats that might make him/her fat.					
41. I don't allow my child to eat between meals because I don't want him/her to get fat.					
42. I tell my child what to eat and what not to eat without explanation.					
44. I model healthy eating for my child by eating healthy foods myself.					

45. I often put my child on a diet to control his/her weight.					
46. I try to eat healthy foods in front of my child, even if they are not my favourite.					
47. I try to show enthusiasm about eating healthy foods.					
48. I show my child how much I enjoy eating healthy foods.					
14. Most of the food I keep in the house is healthy.					
15. I involve my child in planning family meals.					
16. I keep a lot of snack food (crisps, Doritos, cheese puffs) in my house.					
21. If I did not guide or regulate my child's eating, s/he would eat too much of his/her favourite foods.					
22. A variety of healthy foods are available to my child at each meal served at home.					
24. I encourage my child to try new foods.					
26. I tell my child that healthy food tastes good.					

28. If I did not guide or regulate my child's eating, he/she would eat too many junk foods.					
35. There are certain foods my child shouldn't eat because they will make him/her fat.					
37. I keep a lot of foods such as sweets/chocolate/ice cream/cake/pies/pastries/biscuits in my house.					
38. I encourage my child to eat a variety of foods.					
40. I have to be sure that my child does not eat too much of his/her favourite foods.					
43. I have to be sure that my child does not eat too many sweets/chocolate/ice cream/cake/pies/ pastries/crisps/biscuits					