



NAP SACC UK QUESTIONNAIRE

For Nursery Staff

Please tick **ONE** box under the statement that most closely describes how much you agree or disagree with each statement. There are no right or wrong answers, just your opinions about how you feel when working at your nursery. These questions are about how much you feel able to do things relating to child nutrition and physical activity.

Child Nutrition

1. I feel able to serve fruit and vegetables to children at all main meals	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5
2. I feel able to limit the amount of processed meat, fish or potato products served to children	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5
3. I feel able to limit the amount of salt used in food for children	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5
4. I feel able to limit the number of high-sugar or high-fat snacks served to children	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5
5. I feel able to limit the use of cakes and/or other sweet or high fat foods to celebrate events	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5
6. I feel able to make changes to the types of beverage provided to children	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5
7. I feel able to make changes to how we promote oral health at nursery	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5

8. I feel able to make changes to how staff role-model healthy eating foods served at meal and snack times	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5
9. I feel able to make changes to how staff incorporate healthy eating learning into children's daily activities	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5
10. I feel able to increase staff access to professional development in child nutrition	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5
11. I feel able to increase communication with parents about child nutrition	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5
12. I feel able to make changes to our written policy on child nutrition	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5

Child Physical Activity and Play

13. I feel able to provide an appropriately-sized indoor space for children's physical activity and play	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5
14. I feel able to provide appropriate indoor toys and equipment for children's physical activity and play	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5
15. I feel able to increase the amount of time provided for indoor physical activity and play for children	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5
16. I feel able to increase the amount of adult-led indoor physical activity and play for children	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5

17. I feel able to provide an appropriately-sized outdoor space for children's physical activity and play	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5
18. I feel able to provide appropriate outdoor toys and equipment for children's physical activity and play	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5
19. I feel able to increase the amount of time provided for outdoor physical activity and play for children	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5
20. I feel able to increase the amount of adult-led outdoor physical activity and play for children	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5
21. I feel able to make changes to the amount of screen-time allowed in our nursery per child	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5
22. I feel able to make changes to how staff role-model good physical activity habits	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5
23. I feel able to make changes to how staff incorporate physical activity learning into children's daily activities	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5
24. I feel able to increase staff access to professional development in children's physical activity	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5
25. I feel able to increase communication with parents about children's physical activity	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5
26. I feel able to make changes to our written policy on children's physical activity	<i>Disagree a lot</i> <input type="checkbox"/> 1	<i>Disagree a little</i> <input type="checkbox"/> 2	<i>Not sure</i> <input type="checkbox"/> 3	<i>Agree a little</i> <input type="checkbox"/> 4	<i>Agree a lot</i> <input type="checkbox"/> 5

Please tick **ONE** box under the statement that most closely describes your level of motivation for each statement. There are no right or wrong answers, just your opinions about how you feel when working at your nursery. These questions about your motivation relating to child nutrition and physical activity.

Child Nutrition

27. I am motivated to serve fruit and vegetables to children at all main meals	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5
28. I am motivated to limit the amount of processed meat, fish or potato products served to children	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5
29. I am motivated to limit the amount of salt used in food for children	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5
30. I am motivated to limit the number of high-sugar or high-fat snacks served to children	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5
31. I am motivated to limit the use of cakes and/or other sweet or high fat foods to celebrate events	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5
32. I am motivated to make changes to the types of beverage provided to children	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5

33. I am motivated to make changes to how we promote oral health at nursery	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5
34. I am motivated to make changes to how staff role-model healthy eating foods served at meal and snack times	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5
35. I am motivated to make changes to how staff incorporate healthy eating learning into children's daily activities	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5
36. I am motivated to increase staff access to professional development in child nutrition	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5
37. I am motivated to increase communication with parents about child nutrition	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5
38. I am motivated to make changes to our written policy on child nutrition	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5

Child Physical Activity and Play

39. I am motivated to provide an appropriately-sized indoor space for children's physical activity and play	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5
40. I am motivated to provide appropriate indoor toys and equipment for children's physical activity and play	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5

41. I am motivated to increase the amount of time provided for indoor physical activity and play for children	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5
42. I am motivated to increase the amount of adult-led indoor physical activity and play for children	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5
43. I am motivated to provide an appropriately-sized outdoor space for children's physical activity and play	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5
44. I am motivated to provide appropriate outdoor toys and equipment for children's physical activity and play	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5
45. I am motivated to increase the amount of time provided for outdoor physical activity and play for children	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5
46. I am motivated to increase the amount of adult-led outdoor physical activity and play for children	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5
47. I am motivated to make changes to the amount of screen-time allowed in our nursery per child	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5
48. I am motivated to make changes to how staff role-model good physical activity habits	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5
49. I am motivated to make changes to how staff incorporate physical activity learning into children's daily activities	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5

50. I am motivated to increase staff access to professional development in children's physical activity	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5
51. I am motivated to increase communication with parents about children's physical activity	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5
52. I am motivated to make changes to our written policy on children's physical activity	<i>Never</i> <input type="checkbox"/> 1	<i>Sometimes</i> <input type="checkbox"/> 2	<i>I don't know</i> <input type="checkbox"/> 3	<i>Most of the time</i> <input type="checkbox"/> 4	<i>Always</i> <input type="checkbox"/> 5

These questions are about what you think about child nutrition, teeth and physical activity. For each question, please tick all of the options which you agree with:

Child Nutrition and Teeth:

53. Which of the following food groups should be eaten regularly by 2-4 year old children?

- Whole grains*
- Low-fat dairy products*
- Lean meat and beans*
- All of the above*

54. How many portions of fruit and vegetables should 2-4 year old children consume per day?

- 3
- 4
- 5
- More than 5*

55. What are suitable foods for 2-4 year olds to eat at breakfast?

- Sweetened cereal (e.g. Cheerios, Coco Pops),
- Non-sweetened cereal (e.g. Weetabix, Cornflakes, Porridge),
- Sweetened cereal and toast
- Non-sweetened cereal and toast
- Toast
- Yogurt or fruit
- Milk
- Breakfast is not required

56. What type of puddings should be served to 2-4 year olds?
- Puddings should not be served to children
 - Hot fruit-based puddings e.g. crumbles, baked apples
 - Milk-based puddings e.g. rice pudding, custard
 - Yogurt or fromage frais
 - Cakes and biscuits containing fruit e.g. fruit flapjack, carrot cake
 - Cold puddings such as fruit salad, piece of fruit
 - All of the above
57. What are the recommended drinks for 2-4 year olds?
- Whole milk (full-fat)
 - Semi-skimmed milk
 - Skimmed milk
 - Fruit juice
 - Diluted fruit juice
 - Water
 - Fruit squash/cordial
 - Fizzy sweet drinks
58. What are the recommended snacks for 2-4 year olds?
- No snacks between meals
 - Dried fruit
 - Fresh fruit or vegetables
 - Crisps
 - Biscuits/cakes
 - Breadsticks/sandwich/rice cakes
 - Chocolate/sweets
59. How often should 2-4 year old children brush their teeth?
- Twice per day
 - Once per day
 - After every meal
60. How long should 2-4 year old children brush their teeth each time they brush them?
- 30 seconds
 - 1 minute
 - 2 minutes

61. At what age is a child able to brush their teeth unsupervised by an adult?

- Age 2
- Age 3
- Age 4
- Age 5
- Age 6
- Age 7
- Age 8

Child Physical Activity and Play:

62. How many minutes of active play each day do health professionals recommend for 2-4 year olds?

- 30 minutes
- 45 minutes
- 60 minutes (1 hour)
- 90 minutes
- 120 minutes (2 hours)
- 150 minutes
- 180 minutes (3 hours)

63. When it is raining, children should:

- Stay indoors
- Continue to play outside in whatever they are wearing
- Play outside in wet weather clothes

Sedentary Time:

64. How many minutes of screen-viewing each day do health professionals recommend for 2-4 year olds?

- None
- Less than 1 hour
- Between 1-2 hours
- 2-3 hours
- 3-4 hours
- More than 4 hours

65. What are the recommendations for children having TVs in bedrooms

- A TV in a child's bedroom is ok
- TV in a child's bedroom helps them to sleep
- Parents should limit the amount of TV watching in a child's bedroom
- TV in a child's bedrooms promotes more TV watching
- TVs in a child's bedrooms makes it more difficult for a child to sleep
- TV in a child's bedroom can lead to less appropriate viewing