

# Eat Smart, Move More, Grow Healthy Child Care Assessment



*Adapted from Let's Move! Child Care Checklist Quiz*





South Carolina Department of Health  
and Environmental Control

# Eat Smart, Move More, Grow Healthy Child Care Assessment

## I. Eat Smart

Fruits and Vegetables				
Fruit (not juice) is provided:	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 or more times per day
Fruit that is fresh, frozen, or canned in juice (no syrup) is provided:	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 or more times per day
Vegetables, other than white potatoes, are provided:	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 or more times per day
A variety of vegetables, such as dark green, orange, red, and deep yellow vegetables (not including corn and green beans) are provided:	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 or more times per day

Grains, Beans and Meats				
Whole grain foods (e.g. whole wheat bread, oatmeal, brown rice, Cheerios®) are provided:	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 or more times per day
Beans or lean meats (e.g. baked or broiled chicken, turkey, fish) are provided:	<input type="checkbox"/> Less than 1 time per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1 or more times per day

Fats and Sugars				
Sweet food items (e.g. cookies, donuts, candy) are provided:	<input type="checkbox"/> 3 or more times per week	<input type="checkbox"/> 2 times per week	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> Less than 1 time per week
High fat meats (e.g. sausage, bacon, hot dogs, bologna, ground beef) are provided:	<input type="checkbox"/> 3 or more times per week	<input type="checkbox"/> 2 times per week	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> Less than 1 time per week
Fried or pre-fried vegetables, including potatoes such as French fries, tater tots, hash browns, are provided:	<input type="checkbox"/> 2 or more times per week	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> Less than 1 time per week	<input type="checkbox"/> Never
Fried or pre-fried (frozen and breaded) meats (chicken nuggets) or fish (fish sticks) are provided:	<input type="checkbox"/> 2 or more times per week	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> Less than 1 time per week	<input type="checkbox"/> Never
Cooked vegetables are prepared with added meat fat, margarine, or butter:	<input type="checkbox"/> 2 or more times per week	<input type="checkbox"/> 1 time per week	<input type="checkbox"/> Less than 1 time per week	<input type="checkbox"/> Never



Beverages				
Milk served to children ages 2 years and older is:	<input type="checkbox"/> Whole or regular	<input type="checkbox"/> 2% reduced fat	<input type="checkbox"/> 1% or 2% reduced fat	<input type="checkbox"/> Only fat-free (skim) or 1%
100% fruit juice is provided to children 1 - 5 years of age:	<input type="checkbox"/> In unlimited portions more than once a day	<input type="checkbox"/> 2 or more times per day, but limited to 4-6 oz. each occasion	<input type="checkbox"/> No more than 4 - 6 oz. per day	<input type="checkbox"/> No more than 4-6 oz. per day and parents are encouraged to support the daily recommendation
Sugar sweetened beverages (e.g. Kool-Aid™, fruit drinks, sports drinks, sweet tea, soda) are provided:	<input type="checkbox"/> Once a month or more	<input type="checkbox"/> 3-4 times per year	<input type="checkbox"/> 1-2 times per year	<input type="checkbox"/> Never
Drinking water is available:	<input type="checkbox"/> Upon request	<input type="checkbox"/> Upon request or during designated water breaks	<input type="checkbox"/> Inside only, where it is visible and available for self-serve	<input type="checkbox"/> Inside and outside, where it is visible and available for self-serve

Feeding Environment				
Preschooler meals are served family style (children are encouraged to serve themselves with limited help):	<input type="checkbox"/> Never	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> Everyday
Materials that promote healthy eating (e.g. books, posters, food models, bulletin boards) are visually displayed:	<input type="checkbox"/> Never	<input type="checkbox"/> In common areas only	<input type="checkbox"/> In classrooms only	<input type="checkbox"/> In classrooms and common areas

Staff Practices				
Staff use food as a reward or punishment:	<input type="checkbox"/> Everyday	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 1-2 times per month	<input type="checkbox"/> Never
At least one staff member joins children at the table for meals and snacks:	<input type="checkbox"/> Never	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> Everyday
In front of children, staff consume the same foods and drinks as children, and avoid unhealthy foods (e.g. soda, sweets, fast food):	<input type="checkbox"/> Never	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> Everyday



Training and Education				
Opportunities for children to learn about healthy eating [both formal (e.g. circle time lessons) and informal (e.g. mealtime conversations)] are provided:	<input type="checkbox"/> Never	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> Everyday
Operator and/or director and all direct care staff attend an approved training on nutrition (other than food safety and food program guidelines):	<input type="checkbox"/> Never	<input type="checkbox"/> Once every 2 years	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 or more times per year
Parents are offered information on children's nutrition (e.g. special programs, newsletters, tip sheets, take-home materials):	<input type="checkbox"/> Never	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2-3 times per year	<input type="checkbox"/> 4 or more times per year

Policy				
At our child care facility, a policy on nutrition and food service addressing foods and beverages provided, feeding environment, staff practices, and training and education:	<input type="checkbox"/> Does not exist	<input type="checkbox"/> Is implemented but is not written	<input type="checkbox"/> Is written and consistently implemented	<input type="checkbox"/> Is written, consistently implemented, and shared with parents



## II. Move More

Active Play Opportunities				
Outdoor active play time is provided to all children ages 1 - 2:	<input type="checkbox"/> 60 minutes or less per day	<input type="checkbox"/> 61-90 minutes per day	<input type="checkbox"/> 91-120 minutes per day	<input type="checkbox"/> More than 120 minutes per day
Outdoor active play time is provided to all children ages 3 - 5:	<input type="checkbox"/> 60 minutes or less per day	<input type="checkbox"/> 61-90 minutes per day	<input type="checkbox"/> 91-120 minutes per day	<input type="checkbox"/> More than 120 minutes per day
Outdoor active play opportunities are provided to all children ages 1 - 5:	<input type="checkbox"/> 4 times per week or less	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 times per day	<input type="checkbox"/> 3 or more times per day
If outdoor time is decreased due to weather, is the amount of physically active indoor play time increased so that the total amount of active play time remains the same?	<input type="checkbox"/> NO		<input type="checkbox"/> YES	
During a typical day, excluding naps and meals, preschool children are expected to remain seated:	<input type="checkbox"/> More than 30 minutes at a time, or 15-30 minutes on 3 or more occasions	<input type="checkbox"/> 15-30 minutes on 2 occasions	<input type="checkbox"/> 15-30 minutes but only 1 occasion	<input type="checkbox"/> No more than 15 minutes at a time

Active Play Environment – Indoor				
Indoor play materials (e.g. scarves, balls, push and pull toys) consist of:	<input type="checkbox"/> Limited variety and children must take turns	<input type="checkbox"/> Some variety but children must take turns	<input type="checkbox"/> Good variety but children must take turns	<input type="checkbox"/> Lots of variety for children to use at the same time
Confining equipment such as swings, infants seats (e.g. exersaucers, car seats, molded seats), and cribs (if awake) are used:	<input type="checkbox"/> More than 4 times per day per child	<input type="checkbox"/> 3-4 times per day per child	<input type="checkbox"/> 1-2 times per day per child	<input type="checkbox"/> Never
Indoor gross motor play areas consist of:	<input type="checkbox"/> Space only suitable for quiet play	<input type="checkbox"/> Space for limited movement (jumping and rolling)	<input type="checkbox"/> Ample space for some active play (jumping, rolling, and skipping)	<input type="checkbox"/> Space for all activities, including running



Active Play Environment – Outdoor				
Outdoor play materials (e.g. balls, obstacle cones) and/or equipment (e.g. wheeled toys, hoops) consist of:	<input type="checkbox"/> Limited variety and children must take turns	<input type="checkbox"/> Some variety but children must take turns	<input type="checkbox"/> Good variety but children must take turns	<input type="checkbox"/> Lots of variety for children to use at the same time
Outdoor areas are designated for the safe play of infants and toddlers, including mats or blankets for non-walkers:	<input type="checkbox"/> NO		<input type="checkbox"/> YES	
Outdoor play areas consist of:	<input type="checkbox"/> 1-2 different play areas (e.g. sandbox, swing set) but no open space for running or track/path for wheeled toys	<input type="checkbox"/> 2-3 different play areas, but limited space for running and use of wheeled toys	<input type="checkbox"/> Multiple play areas, and either an open space for running or a track/path for wheeled toys	<input type="checkbox"/> Multiple play areas, open space for running and a track/path for wheeled toys

Screen Time Limitations				
Media (e.g. TV, video, and DVD) viewing and computer use for children two years and younger is allowed:	<input type="checkbox"/> 1 or more times per day	<input type="checkbox"/> 2-4 times per week	<input type="checkbox"/> 1 time per week or less	<input type="checkbox"/> Never
For children three years and older, the total amount of screen time allowed at child care is:	<input type="checkbox"/> More than 2 hours per week	<input type="checkbox"/> 2 hours or less per week	<input type="checkbox"/> 1 hour or less per week	<input type="checkbox"/> 30 minutes or less per week

Staff Practices				
Staff use physical activity or withhold physical activity as punishment:	<input type="checkbox"/> Everyday	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 1-2 times per month	<input type="checkbox"/> Never
Staff provide encouragement for children to be physically active indoors and outdoors at appropriate times:	<input type="checkbox"/> Never	<input type="checkbox"/> 1-2 times per month	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> Everyday
Teacher planned physical activities lasting 5 – 10 minutes occur:	<input type="checkbox"/> 1 time per week or less	<input type="checkbox"/> 2-4 times per week	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 or more times per day



Training and Education				
Operator and/or director and all direct care staff attend an approved training on promotion of children's movement and physical activity (not including playground safety):	<input type="checkbox"/> Never	<input type="checkbox"/> Once every 2 years	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 or more times per year
Parents are informed to dress their child in clothes and shoes that allow for participation in physical activity:	<input type="checkbox"/> Never	<input type="checkbox"/> Verbally	<input type="checkbox"/> In writing	<input type="checkbox"/> Verbally, in writing, and parents sign a statement of acknowledgement
Parents are offered information on children's movement and physical activity (e.g. special programs, newsletters, tip sheets, take-home materials):	<input type="checkbox"/> Never	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2-3 times per year	<input type="checkbox"/> 4 or more times per year

Policy				
At our child care facility, a policy on physical activity addressing active play opportunities, active play environment, screen time limitations, staff practices and training and education:	<input type="checkbox"/> Does not exist	<input type="checkbox"/> Is implemented but is not written	<input type="checkbox"/> Is written and consistently implemented	<input type="checkbox"/> Is written, consistently implemented, and shared with parents

