



## Nutrition and Physical Activity Assessment

### Domain Nutrition

#### Indicator 1: Breastfeeding and Infant Feeding

1.1	A designated area for lactating mothers to breastfeed is:	<input type="checkbox"/> Not available	<input type="checkbox"/> Available but lacks privacy, seating or electrical outlet	<input type="checkbox"/> Is private, has seating, and has an electrical outlet
1.2	Culturally appropriate breastfeeding support materials, like pictures, posters, brochures, pamphlets, and other resources (not including those supplied by commercial entities, like manufacturers of infant formula) are:	<input type="checkbox"/> Not available	<input type="checkbox"/> Limited, but available in 1 or 2 areas or upon request	<input type="checkbox"/> Available and displayed in several areas of the facility
1.3	Our facility's breastfeeding-friendly policy is:	<input type="checkbox"/> Not available or not written down	<input type="checkbox"/> Written down and usually followed	<input type="checkbox"/> Written down, followed, and shared with pregnant mothers, and families with infants
1.4	Infants are encouraged to finish their bottle after showing signs of fullness:	<input type="checkbox"/> Every day	<input type="checkbox"/> Some days	<input type="checkbox"/> Rarely or never

#### Indicator 2: Eating Environment

2.1	Children are encouraged to eat more than they want, and are asked to "clean their plate" or "make a happy plate":	<input type="checkbox"/> Every day	<input type="checkbox"/> Some days	<input type="checkbox"/> Rarely or never
2.2	Preschoolers are actively involved in mealtime activities, such as setting and cleaning the table:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some days	<input type="checkbox"/> Every day
2.3	For preschoolers, food is served family-style, and children serve themselves:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some days	<input type="checkbox"/> Every day
2.4	Caregivers talk informally about healthy foods during meals, and reinforce children's internal cues of hunger and fullness:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some days	<input type="checkbox"/> Every day





Indicator 3: Caregiver Behaviors				
3.1	Caregivers offer food incentives for good behaviors like sweets or food-related parties:	<input type="checkbox"/> Every day	<input type="checkbox"/> Some days	<input type="checkbox"/> Rarely or never
3.2	Caregivers gently encourage, but do not force, children to try all food components offered at meals and snacks:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some days	<input type="checkbox"/> Every day
3.3	Caregivers sit with children during meals and snacks, and eat the same foods as the children:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some days	<input type="checkbox"/> Every day
3.4	In front of the children, caregivers only drink healthy beverages like water, low-fat milk and 100% juice and eat healthy foods:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some days	<input type="checkbox"/> Every day
Indicator 4: Nutrition Education				
4.1	Formal nutrition education is provided through curricula, games, lessons and/or books:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 1-2 times per month	<input type="checkbox"/> Once per week or more
4.2	Culturally appropriate nutrition support materials including pictures, posters, and play materials like books or toys that promote healthy eating are:	<input type="checkbox"/> Not displayed	<input type="checkbox"/> Displayed, but are limited	<input type="checkbox"/> Displayed in several areas of the facility
4.3	<b>ENHANCED:</b> Nutrition education is integrated into other GELD domains (eg. language and literacy, math, science, social studies, creative development and cognitive processing):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 1-2 times per month	<input type="checkbox"/> At least once per week
4.4	<b>ENHANCED:</b> Taste testing activities are conducted to allow children to try new or unfamiliar foods:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 1-2 times per year	<input type="checkbox"/> At least once per month
4.5	<b>ENHANCED:</b> Cooking activities or demonstrations are conducted to teach children that combining foods can create new flavors:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 1-2 times per year	<input type="checkbox"/> At least once per month
4.6	<b>ENHANCED:</b> Edible gardens are developed and utilized as a learning resource:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 1-2 times per year	<input type="checkbox"/> At least 3-4 times per year
Indicator 5: Healthy Eating - Foods to Increase				
5.1	Whole grains, like oatmeal, whole wheat bread, whole grain cereal, and brown rice are served:	<input type="checkbox"/> Twice per week or less	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> Every day





5.2	Fresh or frozen fruits and vegetables are served:	<input type="checkbox"/> Twice per week or less	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> Every day
5.3	A variety of dark green, red and orange vegetables like broccoli, spinach, greens, romaine lettuce, carrots, sweet potatoes, and tomatoes are served:	<input type="checkbox"/> Once per week or less	<input type="checkbox"/> 2-3 times per week	<input type="checkbox"/> Four times per week or more
5.4	Lean proteins, like lean beef, pork, poultry or seafood (not breaded or fried); beans; lentils; low-fat yogurt; eggs; seeds; and nuts are served:	<input type="checkbox"/> Twice per week or less	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> Every day

#### Indicator 6: Healthy Eating - Foods to Limit

6.1	High sugar grains, like sugary cereals, cookies, cakes, pies, muffins, brownies, cereal bars and sweet breads are served:	<input type="checkbox"/> Twice per week or less	<input type="checkbox"/> Once per week	<input type="checkbox"/> Twice per month or less
6.2	Fruits with added sugars, like fruit canned in syrup, and sweetened apple sauce are served:	<input type="checkbox"/> Every day	<input type="checkbox"/> Some days	<input type="checkbox"/> Rarely or never
6.3	Fried or pre-fried vegetables, like hash browns, French fries, tater tots, fried okra and onion rings are served:	<input type="checkbox"/> Once per week or more	<input type="checkbox"/> 1-2 times per month	<input type="checkbox"/> Rarely or never
6.4	High fat or fried/pre-fried proteins like sausage, bacon, ground beef, hot dogs, chicken or beef nuggets, and fish sticks are served:	<input type="checkbox"/> Once per week or more	<input type="checkbox"/> 2-3 times per month	<input type="checkbox"/> Once per week or less

#### Indicator 7: Beverages

7.1	Sugar sweetened beverages, like soda, juice drinks, sports drinks, sweet tea and Kool-Aid are served:	<input type="checkbox"/> Once per month or more	<input type="checkbox"/> Less than once per month	<input type="checkbox"/> Rarely or never
7.2	100% juice is served:	<input type="checkbox"/> Every day	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> Twice per week or less
7.3	Drinking water is available during outdoor play, and caregivers encourage children to drink water during active play:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> When the weather is hot	<input type="checkbox"/> Every day
7.4	Caregivers encourage children 1 year and older to drink water:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes, like after outdoor play	<input type="checkbox"/> Many times throughout the day

#### Indicator 8: Caregiver and Family Nutrition Training

8.1	A registered dietitian or qualified nutritionist is consulted to ensure a variety of healthy, appealing and age-appropriate foods are served:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than once per year	<input type="checkbox"/> Once per year or more
8.2	Nutrition training for caregivers is provided:	<input type="checkbox"/> Rarely or	<input type="checkbox"/> Once per year	<input type="checkbox"/> Twice per year or more





		never		
8.3	Nutrition training for parents is provided (including trying new foods):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Once per year	<input type="checkbox"/> Twice per year or more
8.4	Family handouts, brochures, newsletters or trainings that include nutrition information are provided:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Once per year	<input type="checkbox"/> Twice per year or more
8.5	<b>ENHANCED:</b> Nutrition education and/or activities for employees are provided:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Once per year	<input type="checkbox"/> Twice per year or more
<b>Indicator 9: Nutrition Policies</b>				
9.1	The program has a wellness policy that addresses nutrition and is:	<input type="checkbox"/> We do not have a wellness policy	<input type="checkbox"/> Written down and usually followed	<input type="checkbox"/> Written down, followed, and shared with families
9.2	The program has a written policy that addresses foods brought from home and the policy is:	<input type="checkbox"/> We do not have a written policy	<input type="checkbox"/> Written down and usually followed by families	<input type="checkbox"/> Written down, shared with families, and we have foods available to supplement foods brought from home if they do not meet the child's nutrition needs; OR we do not allow foods brought from home
9.3	The program has a written policy that addresses foods brought in for sharing (like for celebrations or classroom parties), and the policy is:	<input type="checkbox"/> We do not have a written policy	<input type="checkbox"/> Written down and addresses food safety, but not nutrition	<input type="checkbox"/> Written down, addresses food safety, and encourages healthy foods; OR we do not allow foods for sharing
9.4	<b>ENHANCED:</b> The program has a policy that prohibits using food as a reward or withholding food as punishment:	<input type="checkbox"/> We do not have a written policy	<input type="checkbox"/> Written down and usually followed	<input type="checkbox"/> Written down, followed, and shared with families
9.5	<b>ENHANCED:</b> The program has a policy that encourages healthy foods for parties and fund raisers:	<input type="checkbox"/> We do not have a written policy	<input type="checkbox"/> Written down and usually followed	<input type="checkbox"/> Written down, followed, and shared with families
<b>Indicator 10: Local Food Procurement</b>				
10.1	<b>ENHANCED:</b> Food items are purchased locally (within the county, within 100 miles, from Georgia or from a state touching Georgia):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Once per year	<input type="checkbox"/> Once per month





<b>Indicator 11: Farm to Table</b>				
11.1	<b>ENHANCED:</b> Farmers serve as guest speakers or field trips to farms are provided to explain where food comes from:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Once per year	<input type="checkbox"/> Twice per year
<b>Indicator 12: Growing Season</b>				
12.1	<b>ENHANCED:</b> Seasonal menus are developed based on Georgia foods in season:	<input type="checkbox"/> Menus are not tied to Georgia foods in season	<input type="checkbox"/> Seasonal menus are tied to Georgia foods in season	<input type="checkbox"/> Monthly menus are tied to Georgia foods in season
<b>Domain: Physical Activity</b>				
<b>Indicator 1: Scheduled Physical Activity (unstructured time)</b>				
1.1	Tummy time and opportunities to move freely with adult supervision are provided for all infants, including those with special needs:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some days	<input type="checkbox"/> Every day
1.2	Total physical activity time, both indoors and outdoors, for toddlers, including those with special needs, is scheduled:	<input type="checkbox"/> Less than 60 minutes per 8 hour day (or less than 30 minutes per 4 hour day)	<input type="checkbox"/> 60-89 minutes per 8 hour day (or 30-44 minutes per 4 hour day)	<input type="checkbox"/> 90 minutes or more per 8 hour day (or 45 minutes per 4 hour day)
1.3	Total physical activity time, both indoors and outdoors, for preschoolers, including those with special needs, is scheduled:	<input type="checkbox"/> Less than 90 minutes per day (or less than 45 minutes per 4 hour day)	<input type="checkbox"/> 90-119 minutes per day (or 45-59 minutes per 4 hour day)	<input type="checkbox"/> 120 minutes or more per day (or 60 minutes per 4 hour day)
<b>Indicator 2: Caregiver Behaviors</b>				
2.1	Caregivers interact with infants in daily physical activities to develop gross motor skills such as reaching, kicking, crawling, and standing:	<input type="checkbox"/> Less than once per day	<input type="checkbox"/> Every day	<input type="checkbox"/> Two or more times per day, everyday
2.2	Physical activity time is withheld as punishment when children are misbehaving:	<input type="checkbox"/> Often	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
2.3	Caregivers participate in active play and encourage children to be	<input type="checkbox"/> Rarely or	<input type="checkbox"/> Some days	<input type="checkbox"/> Every day





	active:	never		
<b>Indicator 3: Physical Activity Education (structured time)</b>				
3.1	Formal physical activity education is provided through curricula, games, lessons, and/or books:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 1-2 times per month	<input type="checkbox"/> At least once per week
3.2	Culturally appropriate physical activity support materials including pictures, posters, and play materials like books or toys that promote physical activity are:	<input type="checkbox"/> Not displayed	<input type="checkbox"/> Displayed, but are limited	<input type="checkbox"/> Displayed in several areas of the facility
3.3	Structured, or teacher-led, physical activity for toddlers, including those with special needs, is scheduled:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 15-29 minutes per 8 hour day (or 8-14 minutes per 4 hour day)	<input type="checkbox"/> 30 minutes or more per 8 hour day (or 15 minutes per 4 hour day)
3.4	Structured, or teacher-led, physical activity for preschoolers, including those with special needs, is scheduled:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 30-59 minutes per 8 hour day (or 15-29 minutes per 4 hour day)	<input type="checkbox"/> 60 minutes or more per 8 hour day (or 30 minutes per 4 hour day)
3.5	<b>ENHANCED:</b> Physical activity is integrated into Georgia Early Learning Development Standards (GELDS) and other activities designed to promote cognitive and social development:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> At least once per day
<b>Indicator 4: Sedentary Activity</b>				
4.1	Use of confining equipment, like swings, molded seats, jump seats, strollers or walkers is limited to:	<input type="checkbox"/> 30 minutes at a time	<input type="checkbox"/> 15 minutes, 3 times per day or more	<input type="checkbox"/> 15 minutes or less, 1-2 times per day
4.2	Cribs, car seats and high chairs are used for purposes other than their primary purpose (cribs for sleeping, car seats for vehicle travel, and high chairs for eating):	<input type="checkbox"/> Every day	<input type="checkbox"/> Some days	<input type="checkbox"/> Never
4.3	During a typical day, not counting naps and meals, toddlers and preschoolers are expected to remain seated for:	<input type="checkbox"/> More than 30 minutes at a time	<input type="checkbox"/> 16-30 minutes at a time	<input type="checkbox"/> No more than 15 minutes at a time
<b>Indicator 5: Screen Time</b>				
5.1	Children under the age of 2 years are permitted to watch television, videos or DVDs:	<input type="checkbox"/> Every day	<input type="checkbox"/> Some days	<input type="checkbox"/> Never
5.2	For children over the age of 2 years, total screen time, including television, videos, DVD's, and computer time is limited to:	<input type="checkbox"/> More than 2 hours per week	<input type="checkbox"/> 31 minutes to 2 hours per week	<input type="checkbox"/> 30 minutes or less per week





5.3	Television, video or DVD viewing is permitted during meals or snacks:	<input type="checkbox"/> Every day	<input type="checkbox"/> Some days	<input type="checkbox"/> Never
5.4	<b>ENHANCED:</b> Family handouts, brochures, newsletters, or training that include the above screen time recommendations are provided:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Once per year	<input type="checkbox"/> Twice per year or more
<b>Indicator 6: Caregiver and Family Physical Activity Training</b>				
6.1	A qualified expert in early childhood physical activity is consulted to ensure a variety of fun and age-appropriate activities are provided:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than once per year	<input type="checkbox"/> Once per year
6.2	Physical activity training for caregivers is provided:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Once per year	<input type="checkbox"/> Twice per year or more
6.3	Physical activity training for parents is provided:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Once per year	<input type="checkbox"/> Twice per year or more
6.4	Family handouts, brochures, newsletters or trainings that include physical activity are provided:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Once per year	<input type="checkbox"/> Twice per year or more
6.5	<b>ENHANCED:</b> Appropriate wellness information and/or activities are provided for employees:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Once per year	<input type="checkbox"/> Twice per year or more
<b>Indicator 7: Physical Activity Policies</b>				
7.1	The program has a wellness policy that addresses physical activity and is:	<input type="checkbox"/> We do not have a wellness policy	<input type="checkbox"/> Written down and usually followed	<input type="checkbox"/> Written down, followed, and shared with families
7.2	The program has a written policy that addresses media use and the policy is:	<input type="checkbox"/> We do not have a written policy	<input type="checkbox"/> Written down and usually followed	<input type="checkbox"/> Written down, followed, and shared with families
7.3	<b>ENHANCED:</b> The program has a policy that prohibits using physical activity or withholding physical activity time as punishment:	<input type="checkbox"/> We do not have a written policy	<input type="checkbox"/> Written down and usually followed	<input type="checkbox"/> Written down, followed, and shared with families