

# Healthy Meal Checklist

\*\* Use this checklist in conjunction with the Planned Activities Training Checklist: Mealtime

Parent: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Time: \_\_\_\_\_

Child: \_\_\_\_\_

Observer: \_\_\_\_\_ (P R)

Setting/ Activity: \_\_\_\_\_

Condition: BI Trtmt Follow-up

+ Completed Correctly      - Completed incorrectly or not completed      N/A Not Applicable

<b>Vegetable</b>	What food and how much?
Any vegetable or 100% vegetable juice  <ul style="list-style-type: none"> <li>- Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated;</li> <li>- May be whole, cut-up, or mashed.</li> </ul>	
<b>Fruit</b>	
Any fruit or 100% fruit juice  <ul style="list-style-type: none"> <li>- Fruits may be fresh, canned, frozen, or dried</li> <li>- May be whole, cut-up, or pureed.</li> </ul>	
<b>Grains</b>	
Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product.  <ul style="list-style-type: none"> <li>- Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.</li> </ul>	
<b>Protein</b>	
All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds	
<b>Dairy</b>	
All fluid milk products and many foods made from milk <ul style="list-style-type: none"> <li>- Most Dairy Group choices should be fat-free or low-fat</li> </ul>	
Percent Correct	