

ASSIGNMENT 2

3 DAY FOOD RECORD



We will use this food record as a base for future activities and assignments. Try to record this without pressure or judgment (on your child or yourself). It is a tool to help better understand your child's current eating habits and preferences, therefore, there's no need to change what you usually do or offer.

- Record everything your child eats and drinks for 3 days. They don't have to be consecutive, but try to include at least one weekend day and one school/daycare day if applicable.
- Include as much detail about the food, especially if your child is particular about it, for example: brand, shape, flavour, colour, preparation method.
- Provide a rough estimate of the quantity that your child eats, for example: a bite, 1 slice, 3 pieces, ~1/2 cup.
- Include details about the mealtime such as WHEN, WHERE, with WHO, HOW LONG, and WHAT ELSE is going on (distractions, big family dinner).