









# How does **your child** eat meals?

Fill in the number of times in a typical week your child eats each meal (breakfast, lunch, and dinner) in the following ways. (Totals for each meal should be no more than 7. A lunch example is provided.)

	Child eats...	Breakfast	Lunch	Dinner	Example
	by themselves				
	while watching TV alone				1
	in the car				1
	at daycare or school				3
	at home with adult(s) at a table				1
	while watching TV with family				
	in a restaurant				1
	non-traditional setting				
	<b>Total</b>	<b>≤7</b>	<b>≤7</b>	<b>≤7</b>	<b>≤7</b>

This was developed for use in community health and nutrition programs by Purdue University's Center for Families Promoting Family Meals Project, with the Indiana State Nutrition Action Plan (SNAP) team.

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