



Nutrition and Physical Activity Questionnaire for Child Care Centres

Child Care Centre Name _____

Implementing standards requires a process of change which may take time to see substantial outcomes. We are interested in learning more about this process and capturing how your child care centre, staff, children and parents can be better supported in terms of the nutrition and physical activity environment.

Please read each statement or question carefully and check the response/answer the question that best fits your child care centre.

SECTION I: NUTRITION

N1: Background Information				
What position do you hold within the regulated child care program?	<input type="checkbox"/> Director <input type="checkbox"/> Assistant Director	<input type="checkbox"/> Cook/food preparer	<input type="checkbox"/> Early Childhood Educator <input type="checkbox"/> Staff	<input type="checkbox"/> Other; Please describe:
What is the licensing capacity of your regulated program?	<input type="checkbox"/> 30 or fewer	<input type="checkbox"/> 30 -60 children	<input type="checkbox"/> 60 -90 children	<input type="checkbox"/> 90 or more children
Does the person preparing meals have:	<input type="checkbox"/> Little or no experience	<input type="checkbox"/> Some experience	<input type="checkbox"/> Substantial experience	<input type="checkbox"/> Formal training; i.e. chef/cook
Does the person preparing meals have other responsibilities within the centre?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Please describe:	
How often does your centre revise the menu?	<input type="checkbox"/> Biweekly	<input type="checkbox"/> Monthly	<input type="checkbox"/> Seasonal	<input type="checkbox"/> Other
Please indicate your level of understanding of the Food and Nutrition Standards.	<input type="checkbox"/> Not familiar	<input type="checkbox"/> Somewhat familiar	<input type="checkbox"/> Fairly Familiar	<input type="checkbox"/> Very familiar
N2: Meals and Snacks				
ECE/Staff often encourage children to respond to hunger and feelings of fullness	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time

There is food left over (wasted) after all children have eaten	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
There is enough food to offer seconds for children who wish to eat more	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
N3: Foods offered outside of regular meals and snacks				
Centre based nutrition guidelines are provided to parents for foods that are brought in	<input type="checkbox"/> Not available	<input type="checkbox"/> Loose guidelines with healthier options encouraged	<input type="checkbox"/> Written guidelines that do not allow foods from home but are not enforced	<input type="checkbox"/> Written guidelines that do not allow foods from home that are enforced
N4: Supporting Healthy Eating				
Children and ECE/staff sit down together for meals and snacks	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
Meals are served family style (food is served in bowls on table and children serve themselves with limited help)	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
Snacks are offered as an open snack time	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
ECE/Staff consume the same food and drinks as the children	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
ECE/Staff talk with children about healthy eating and encouraging healthy foods	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
N5: Nutrition Education for Staff, Parents and Children				
Nutrition training opportunities are provided to ECE/staff	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time

If nutrition training is provided, it is provided by qualified professionals (registered dietitian, Public Health Nutritionist)	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
ECE/Staff provide nutrition education to children	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
The centre provides education for parents about nutrition (ie. Take-home materials, events, etc)	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
N6: Supporting Breastfeeding				
Infant feeding plan is used for infants/toddlers	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Not applicable	
A designated space is available to breastfeeding mothers	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Breastfeeding mothers can feed their child(ren) where they are comfortable in the centre	
Breast feeding promotion information is displayed (i.e. posters, pictures, or books)	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
Breast feeding training is included in other training opportunities provided to ECE/staff	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time



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SECTION II: PHYSICAL ACTIVITY

PA1: Active Play and Inactive Time				
INDOOR active (free) play time is provided to children	<input type="checkbox"/> < 45 min per day	<input type="checkbox"/> 45-60 min per day	<input type="checkbox"/> 61-90 min per day	<input type="checkbox"/> > 90 min per day
OUTDOOR active (free) play is provided for all children	<input type="checkbox"/> < 60 min per day	<input type="checkbox"/> 61-90 min per day	<input type="checkbox"/> 91-120 min per day	<input type="checkbox"/> > 120 min per day
Structured (ECE/staff-led) physical activity is provided for all children	<input type="checkbox"/> < 30 min per day	<input type="checkbox"/> 31-60 min per day	<input type="checkbox"/> 61-90 min per day	<input type="checkbox"/> > 90 min per day
ECE/Staff restrict active play time for children who misbehave	<input type="checkbox"/> Never	<input type="checkbox"/> Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually
Children are seated (excluding nap time) more than 30 minutes at a time	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 1-2 times per day	<input type="checkbox"/> 3-4 times per day	<input type="checkbox"/> > 4 times per day
Children are allowed to watch TV/videos, and play video games or use computer for facilitated learning	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> <30 min per day	<input type="checkbox"/> 31-45 min per day	<input type="checkbox"/> >45 min per day
Children are allowed to watch TV/videos, and play video games or use computer for free play	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> <30 min per day	<input type="checkbox"/> 31-45 min per day	<input type="checkbox"/> >45 min per day
PA2: Supporting Physical Activity				
ECE/Staff use surrounding community spaces/places (natural open spaces, parks, municipal playgrounds, recreation facilities)	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time

During active (free) play time, ECE/staff	<input type="checkbox"/> Rarely or never join children in active play (mostly sit or stand)	<input type="checkbox"/> Sometimes join children in active play	<input type="checkbox"/> Often or always join children in active play	<input type="checkbox"/> Often or always join children in active play and make positive statements about the activity
ECE/Staff show visible support for physical activity by	<input type="checkbox"/> No posters, pictures, or books about physical activity are displayed	<input type="checkbox"/> A few posters, pictures, or books about physical activity are displayed in a few rooms	<input type="checkbox"/> Posters, pictures, or books about physical activity are displayed in most rooms	<input type="checkbox"/> Posters, pictures, or books about physical activity are displayed in every room
PA3: Play Environment				
Fixed play equipment (swings, slides, climbing equipment, overhead ladders) is	<input type="checkbox"/> Not available at our site	<input type="checkbox"/> Swing sets (or one type of equipment) only available	<input type="checkbox"/> Different equipment available that suits most children	<input type="checkbox"/> Wide variety of equipment available and meets needs of all children
A natural playground (does not depend on manufactured equipment; use landscape and materials as both play setting and play materials) is	<input type="checkbox"/> Not available at our site	<input type="checkbox"/> Very few structures, equipment, and materials available	<input type="checkbox"/> Different structures, equipment and materials available that suits most children	<input type="checkbox"/> Wide variety of structures, equipment and materials available and meets needs of all children
Portable play equipment that stimulates a variety of gross motor skills (wheel toys, balls, tumbling mats) consists of	<input type="checkbox"/> Little 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 all children to use at the same time
ECE/Staff choose to be inside or outside more often because of weather conditions	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time

When weather is not suitable to go outdoors (temp below -25C without windchill or when windchill is -28C), indoor play space is available	<input type="checkbox"/> For quiet play	<input type="checkbox"/> For very limited movement	<input type="checkbox"/> For some active play	<input type="checkbox"/> For all activities, including running	
PA4: Physical Activity Education for Staff, Parents, and Children					
Physical activity training opportunities are provided to ECE/staff	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> < 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year	
If physical activity training is provided, it is provided by qualified professionals (institute faculty, physical literacy instructor, resource centre educator, etc)	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> < 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year	
ECE/Staff facilitate the development of fundamental movement skills for children	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> < 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year	
The centre educates and increases awareness among parents about physical activity (i.e. Take-home materials, events)	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> < 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year	
PA5: Physical Activity Guidelines					
Do you believe that those who are training to become child care educators should have access to more education and resources (such as workshops, courses and books) regarding physical activity with children?				<input type="checkbox"/> Yes	<input type="checkbox"/> No
ECE/staff are trained in the fundamental movement skills program, Tumblebugs?				<input type="checkbox"/> Yes	<input type="checkbox"/> No



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SECTION I: NUTRITION: Additional Questions

1. What supports/resources have helped you to implement the Food and Nutrition Standards so far?

2. What were/are some of the challenges in implementing the Food and Nutrition Standards so far? Please specify why this might be a problem.

3. Please indicate any additional supports you may require as you continue to implement the Food and Nutrition Standards:

4. Do you have breastfeeding practices and/or policies in place at your centre? Yes No
(Please describe)

5. What were/are the most common barriers in child care centres to support breastfeeding?

6. Please provide recommendations to enhance breastfeeding support in child care centres.

7. Any additional comments you wish to share regarding the Food and Nutrition Standards?



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SECTION II: PHYSICAL ACTIVITY: Additional Questions:

1. Rate on a scale of 1-5, your ECE and/or staff's level of comfort participating in physical activity with the children, such as running, jumping, skipping, and hopping?
(1= extremely uncomfortable; 2= uncomfortable; 3 = neither uncomfortable nor comfortable;
4 = comfortable; 5= extremely comfortable)

1 2 3 4 5

2. If there are any changes that you would like to see happen in your child care centre in regards to physical activity, what are they?

3. What does the centre do to support physical activity beyond the minimum regulations and standards?

4. Would you be interested in having physical activity guidelines in regulated child care centres? Yes No (Please explain)

If you have any questions or comments, please contact:

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Thank you very much for completing the NAP-Q!

