Dietary Knowledge & Habits

subscale: Dietary Knowledge Małgorzata Lipowska, Mariusz Lipowski







NAME: SEX: F M AGE:

INSTRUCTION

Place three circles of different colours in front of the child – plates with smiley faces drawn on them.







Then say:

I have a task for you - I will show you various pictures of food. Please place on the \odot plate the pictures of meals which are healthy and put pictures of the unhealthy meals on the \odot plate. If you don't know whether a meal is healthy or unhealthy, you can place the picture on the \odot plate. Let's begin.

Show the pictures to the child, one by one, reminding them frequently that:

○ – healthy food, ○ – I don't know, ○ – unhealthy food
 Make an X on the plate indicated by the child.

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13.	(3)	<u></u>	(3)
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26. © © © © 27. © © © © 28. © © © © 30. © © © © 31. © © © © 333. © © © © 333. © © © ©	24.	(3)	⊕	8
27. © ⊕ ⊗ 28. © ⊕ ⊗ 30. © ⊕ ⊗ 31. © ⊕ ⊗ 33. © ⊕ ⊗ 33.	25.	(3)	⊕	8
28. © © © S 29. © © © S 30. © © © S 31. © © © S 32. © © © S	26.	(3)	⊕	8
29. © © © S 30. © © © S 31. © © © S 32. © © © S 33. © © ©	27.	(3)	⊕	8
30. © ⊕ ⊗ 31. © ⊕ ⊗ 32. © ⊕ ⊗ 33. © ⊕ ⊗	28.	(3)	\odot	8
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45.	(3)	\odot	(3)
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47.	\odot	\odot	③
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50.	\odot	<u></u>	③

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Małgorzata Lipowska, Mariusz Lipowski







NAME: SEX: F M AGE:

INSTRUCTION

Place three circles of different colours in front of the child – plates with smiley faces drawn on them.







Then say:

I have a task for you - I will show you various pictures of food. Please place on the \bigcirc plate the pictures of meals which you eat very often, put pictures of the meals you eat only sometimes on the \bigcirc plate, and pictures of meals which you eat very rarely or never on the \bigcirc plate. Let's begin!

Show the pictures to the child, one by one, reminding them frequently that:

○ – very often, ○ – sometimes, ○ – rarely or never
 Make an X on the plate indicated by the child.

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13.	(3)	\odot	(3)
14.	\odot	<u>:</u>	③
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18.	\odot	\odot	\odot
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20.	\odot	<u></u>	③
21.	\odot	\odot	\odot
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26.	\odot	<u></u>	③
27.	\odot	\odot	\odot
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