Fitness and Nutrition Best Practices Checklist

Staff Member: _____

Date of Observation: _____

Note: *The term "children" is used throughout this checklist to refer to any individual between the ages of 6 weeks and 12 years of age.

During physical or active play, staff members:	Staff member never does this or does not seem aware of the practice.				Staff member always does this.
	1	**2**	**3**	**4**	**5**
Make sure each child is dressed for the weather. Encourage parents to dress children in layers that can be removed if needed.					
Have extra, clean mittens, jackets, and hats available if a child does not have appropriate gear.					
Make sure all the clothing a child is wearing is dry.					
Offer shaded and sheltered areas outdoors.					
Use sun protection on sunny days. Make sure children wear protective clothing and sunscreen of at least SPF 15.					
Make sure water is available.					
Take an active role in outside play instead of sitting or standing still.					

During meals, staff members:	1	2	3	4	5
Make sure having meals and snacks are a time to be social.					
Model healthy habits like trying new foods and eating vegetables.					
Remain positive throughout meals or snacks. They encourage children to try foods but do not force children to eat.					
Offer family-style dining in CDC programs. They provide child-size utensils.					
Offer cafeteria-style choices in school-age programs. They offer a range of healthy choices.					
Provide food that is safe for children (i.e., cut in small pieces for toddlers).					
Follow procedures for bottle feeding infants (i.e., hold infants for feeding).					
Use a system that prevents feeding the wrong breast milk to an infant.					

Notes: