

To find out more information about a prospective child care provider's nutrition and physical activity practices, consider asking some of these questions during your interview. **Use this page along with the Nutrition and Active Play Best Practices documents found at www.childcarealive.org/parents.**

Nutrition

- How often are children encouraged to drink water?
- How much fruit juice do you offer per day? *(Note: Make sure this is always 100% fruit juice, and not other sugary beverages, such as fruit drinks.)*
- What kind of milk do you offer to children over 1 year old? *(Note: Best practice is whole milk between ages 1-2 years, unless otherwise directed by physician.)* What kind of milk do you offer to children over 2 years old? *(Note: Best practice is 1% or skim milk, unless otherwise directed by physician.)*
- How often do you serve fruits and vegetables?
- What are some of the most common fruits that you serve? *(Note: Listen for any fresh, frozen, or canned fruits in juice, and very limited amounts of fruit juice).*
- What are some of the most common vegetables that you serve? *(Note: Listen for a variety of colored vegetables and limited frozen/pre-fried potato products, like French fries, tater tots, or hash browns.)*
- How do you encourage children to try new foods? *(Note: Children should never be forced to eat any food.)*
- What kind of whole wheat or whole grain foods do you serve? How often are these foods served?
- How often do you serve breaded/frozen meats, such as chicken nuggets, fish sticks, or corn dogs?
- How are meals served to children? How are children encouraged to feed and serve themselves?

Physical Activity

- How much active play time do children usually receive each day?
- How often do you/your staff take children outside to play?
- How do you/your staff plan and lead active play time?
- How much of the active play time is led by you/your staff, and how much is free play?
- What is your policy for utilizing screen time?
- If TV shows or movies are shown, what kind of programming is allowed?