



HCHS/SOL- Family Lifestyle Outcomes Research

Child Feeding Habits Questionnaire (CFHE)

QXQ

3/25/2019

General Instructions

This questionnaire is about child eating habits.

QxQ Instructions

Select one answer for each question.

1. If your child says s/he's hungry while you are preparing dinner, how often do you give your child a snack to keep her/him calm until dinner is ready? *(if child throws a fit wanting food when waiting while dinner is being prepared, how often is food given?)*

1=Never
2=Rarely
3=Sometimes
4=Often
5=Always

2. Is your child allowed any choice in deciding what foods s/he has for breakfast or lunch? *(This means choice in what is being prepared)*

0=No choice
1=Little choice
2=Some choice
3=A great deal of choice

3. Is your child allowed to choose certain favorite foods at the grocery store?

0=No
1=Yes

4. How often is the TV on when your family is eating meals?

1=Never
2=Rarely
3=Sometimes
4=Often
5=Always

5. Who typically provides the meals for your child on weekdays?

1=You
2=Child's father
3=Grandparent
4=Other relative
5=Caregiver



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6. Who typically provides the meals for your child on weekends?

- 1=You
- 2=Child's father
- 3=Grandparent
- 4=Other relative
- 5=Caregiver

7. How many times does your family, including this child, eat dinner together?

- 1=0 to 1 time per week
- 2=2 to 4 times per week
- 3=5 to 7 times per week

Questions 8 – 11: Answer choices are:

- 1=Strongly agree
- 2=Agree
- 3=Disagree
- 4=Strongly Disagree

- 8. My child is constantly sampling new and different foods.
- 9. My child doesn't trust new foods.
- 10. My child is afraid to eat things s/he has never had before.
- 11. If my child does not know what is in a food s/he will not try it.