



Your child's 3-day food and drink record

Please try to complete this food and drink record for 3 days, including 2 weekdays and 1 weekend day.

This helps to identify changes during the week.

Recording what your child eats and drinks can help us see

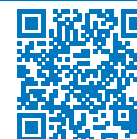
- how much of the food groups your child is having
- what's happening at meal and snack times.

The food and drink record can help you decide which area(s) you'd like to work on.

Tips

- Record information at the time of the meal. Don't wait until later in the day to record information because it becomes less accurate.
- List amounts of food as accurately as possible (such as '1 tablespoon' rather than '3 bites').
- If you're serving a mixed dish such as a casserole, list each food in the casserole.
- Be as descriptive as possible (such as ½ cup mashed banana with some small lumps).
- Include any brand names where relevant.
- Remember to include drinks and snacks.
- Record medication and any supplements (like vitamin tablets).
- It's important to record the times you offered food to your child even if they did not eat anything.
- Remember to include meals eaten away from the house.

For more information about the metropolitan **Child Development Service** scan the QR code, visit cahs.health.wa.gov.au/ChildDevelopment or phone [1300 551 827](tel:1300551827).



This document can be made available in alternative formats on request for people with a disability.

Examples of food and drink records (partly completed)

Time	Where (type of seating)	Food or drink offered	Amount offered (slices, teaspoons, ½ cup, 200ml)	Amount eaten/ drunk	Who fed your child	How long it took	Comments (like who was there, your child's behaviour or mood)
Example of baby food and drink record (morning only)							
Child's name: <i>Ryan</i>							
6.30am	<i>Mum's bed</i>	<i>Breastfeed</i>			<i>Mum</i>	<i>15 mins</i>	<i>Mum, Dad Settled-Fell back to sleep</i>
7.45am	<i>High chair in kitchen</i>	<i>Baby cereal with formula Toast fingers Diluted juice</i>	<i>5 tablespoons 4 150ml</i>	<i>3 tablespoons 3 90ml</i>	<i>Mum Mum and Ryan</i>	<i>15-20 mins</i>	<i>Mum Enjoyed holding toast</i>
7:45am	<i>High chair in kitchen</i>	<i>Stewed apple and vanilla yoghurt</i>	<i>½ cup</i>	<i>¾ cup</i>	<i>Mum</i>	<i>10 mins</i>	<i>Mum, TV on in background</i>
12.30pm	<i>High chair in kitchen</i>	<i>Chicken and veg soup (carrots, peas, potato, celery) Rusk Breastfeed</i>	<i>½ cup 1</i>	<i>½ cup ½</i>	<i>Mum Ryan</i>		<i>Enjoyed watching TV while eating</i>
Example of toddler food and drink record (afternoon and evening only)							
Child's name: <i>James</i>							
3.00pm	<i>Child's table and chair outside</i>	<i>Fruit salad (apple, banana, orange, pear) Vanilla yoghurt Water</i>	<i>½ cup ½ cup 200ml</i>	<i>All All 100ml</i>	<i>James</i>	<i>10 mins</i>	<i>Mum</i>
5.30pm	<i>High chair at dining table</i>	<i>Ravioli Soft carrot and bean sticks Toast</i>	<i>¾ cup 8 1 slice</i>	<i>½ cup 5 1 slice</i>	<i>James</i>	<i>25 mins</i>	<i>Mum, Dad, baby sister Dropped toast on floor</i>
7.15pm	<i>Lounge room couch</i>	<i>Milk in sipper cup</i>	<i>250ml</i>	<i>230ml</i>	<i>James</i>	<i>10 mins</i>	<i>Mum, Dad, baby sister</i>

Day 1 food and drink record

Child's name:				Date:		Day:	
Time	Where (type of seating)	Food or drink offered	Amount offered (slices, teaspoons, ½ cup, 200ml)	Amount eaten/ drunk	Who fed your child	How long it took	Comments (like who was there, your child's behaviour or mood)

Day 2 food and drink record

Child's name:				Date:		Day:	
Time	Where (type of seating)	Food or drink offered	Amount offered (slices, teaspoons, ½ cup, 200ml)	Amount eaten/ drunk	Who fed your child	How long it took	Comments (like who was there, your child's behaviour or mood)

Day 3 food and drink record							
Child's name:				Date:		Day:	
Time	Where (type of seating)	Food or drink offered	Amount offered (slices, teaspoons, ½ cup, 200ml)	Amount eaten/ drunk	Who fed your child	How long it took	Comments (like who was there, your child's behaviour or mood)

