

GEMS ID

Initials

month

Date of Evaluation

 day

year

GEMS Food Preparation for Daughter

The following statements have to do with what foods you served your daughter during the past month. Please think about how you prepared food for your daughter in the last month and answer each question.

In the past month, ...

1. When you served chicken to your daughter, how often did you serve it baked or broiled?	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>
2. When you served chicken to your daughter, how often did you remove the skin?	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>
3. How often did you serve reduced or low-fat hot dogs to your daughter?	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>
4. How often did you serve regular hot dogs to your daughter?	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>
5. When you cooked hamburger meat for your daughter, how often did you buy an extra-lean cut?	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>
6. When you cooked ground beef for you daughter, how often did you rinse the meat with water after cooking to remove fat?	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>
7. How often did you serve fish or chicken instead of red meat to you daughter?	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>
8. How often did you give your daughter 2% milk instead of whole milk?	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>
9. How often did you give your daughter 1% or skim milk?	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>
10. How often did you give your daughter part-skim or reduced fat cheese	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>

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11. How often did you serve your daughter 2 or more vegetables at dinner?	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>
12. How often did you serve butter with your daughter's bread, rolls, or muffins?	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>
13. How often did you give your daughter cheese as a snack?	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>
14. How often did you give your daughter potato, corn or tortilla chips for a snack or side dish?	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>
15. How often did you serve your daughter eggs for breakfast?	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>
16. How often did you serve your daughter hot or cold cereal for breakfast?	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>
17. How often did you serve your daughter meats (e.g., bacon or sausage) for breakfast?	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>
18. How often did you serve you daughter doughnuts, sweet rolls, or danish for breakfast?	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>
19. When you served ready-made meals (like frozen dinners, spaghetti O's or microwave meal) how often were they reduced fat?	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>
20. When you serve pasta, how often did you serve it plain or with meatless sauce?	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>
21. When you serve vegetables, how often did you add butter, margarine or other fat?	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>
22. When you serve potatoes, how often are they fried, like French fries, or hash browns?	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>

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23. When you served green salads, how often did you serve low-fat or non-fat salad dressing?	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>
24. When you served dessert to your daughter, how often did you serve only fruit?	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>
25. When you served snacks, how often did you serve raw vegetables or fresh fruit?	Almost Never <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Almost always <input type="checkbox"/>