

Indoor Environment Observation Tool

Center ID: _____ Date of Observation: _____

Name of Interviewer: _____

FOOD AND NUTRITION

1. Were any posters, pictures or displayed books about food present in the observation room (*NOTE: this does not include children's or teacher's artwork or curricular materials*)?

- No
 Yes

1a. IF YES, what was depicted in the materials?

- General nutrition concepts, no food displayed
 USDA Food Pyramid
 Fruits
 Vegetables
 Whole grains
 Refined grains
 Dairy: type: _____
 Meat: type: _____
 Cookies, candy, sugary beverages, "snack" foods, etc.

1b. IF YES, were any of the materials industry-funded?

- No
 Yes [industry: _____]

1c. IF YES, were any of the materials brand-specific?

- No
 Yes [brands: _____]

2. Were there any educational/curricular materials related to food located in the classroom?

Item	Source? Circle Option.	0. No source	1. USDA	2. Dairy
	3.Beef	4. Food Company	5. Other (name)	
Pretend stove/pots/pans	YES NO			X
Plastic food for play	YES NO			
<input type="checkbox"/> Fruits	0	1	2	3
<input type="checkbox"/> Vegetables	4	5:	_____	
<input type="checkbox"/> Whole grains				
<input type="checkbox"/> Refined grains				
<input type="checkbox"/> Dairy; type: _____				
<input type="checkbox"/> Meat; type: _____				
<input type="checkbox"/> Cookies, candy, sugary beverages, "snack" foods, etc.; type: _____				
Kitchen supplies for actual cooking	YES NO			X
Books/literacy projects about food	YES NO	0	1	2
Nutrition games (i.e. Food Bingo)	YES NO	3	4	5:
Outdoor/indoor garden	YES NO			X
Curriculum (i.e. Captain 5 A Day)	YES NO	0	1	2
CDs/Tapes/Videos on nutrition	YES NO	3	4	5:
USDA Pyramid/other governmental materials	YES NO	0	1	2
Food children had participated in cooking	YES NO			
type of food: _____				X
Children's artwork depicting food	YES NO			
type of food: _____				X

FOOD AND NUTRITION *continued*

2. Were there any educational/curricular materials related to food located in the classroom? *continued*

Item	Source? Circle Option.		0. No source	1. USDA	2. Dairy
	3. Beef	4. Food Company	5. Other (name)		
Children's work from a lesson plan about food type of food: _____	YES	NO			X
Other describe: _____	YES	NO			
0 1 2 3 4 5: _____					

3. Menus are posted in an easily accessible place:

- No
 Yes

PHYSICAL ACTIVITY INDOORS

1. Is classroom/indoor space suitable for:

- Quiet play
 Limited movement, such as walking, hopping, jumping, etc.
 All activities

2. Approximate square footage of classroom _____

3. Equipment/supplies for physical activity in classroom?

- No
 Yes

3a. If YES, type of equipment/supplies?

- floor play (carpet squares or yoga mats)
 balls
 twirling equipment (batons, scarves)
 climbing structures
 riding toys
 other

4. Were any posters, pictures, or books about physical activity displayed in the classroom?

- No
 Yes

4a. If YES, describe _____

5. Were any CDs/tapes/videos about physical activity in the classroom?

- No
 Yes

5a. If YES, describe _____

6. Physical activity curriculum (i.e. Captain 5 A Day?)

- No
 Yes

6a. If YES, describe _____

7. Children's work from a lesson plan about physical activity/active play?

- No
 Yes

7a. If YES, describe _____

SEDENTARY TIME

1. Was there a TV in the room?

- No
 Yes

1a. If YES, was TV viewing observed?

- No
 Yes ■ **1aa. IF YES, how many minutes was the TV on?** _____minutes
1ab. IF YES, was it on during meal time? No Yes

2. Was there a VCR/DVD player in the room?

- No
 Yes

3. Was there a video game system in the room?

- No
 Yes

4. Was there a computer in the room for children's use?

- No
 Yes

5. Were children observed playing video or computer games?

- No
 Yes

5a. IF YES, how many children total were observed? _____

5b. IF YES, how many total minutes was game playing observed? _____minutes

VENDING MACHINES

1. Did the center have a vending machine?

- No
 Yes
 Don't know

1a. IF YES, where was the vending machine located?

- In view of children and parents
 Out of view from children and parents

1b. IF YES, did they contain:

- Traditional items only (candy, soda, chips, cookies)
 Healthy items only (water, granola, nuts, yogurt)
 Mixture of traditional/healthy vending items