**Assessing Youth Eating**

The purpose of this exercise is to introduce students to the topic of eating assessments.

The Child Feeding Questionnaire (CFQ) is perhaps the most popular assessment for children’s eating, having been studied worldwide for two decades.

Assessments, like the CFQ, usually are parent-completed surveys.

* One example is the Feeding Demands Questionnaire, which can be accessed in full form from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2917044/>.
* The Child Eating Behavior Questionnaire (CEBQ) can be accessed from: <https://www.midss.org/content/child-eating-behaviour-questionnaire-cebq>
* Food Frequency Questionnaires (FFQ) refer to a number of various assessments that attempt to track eating frequency and nutrients. The following is a good description: <https://www.ucdenver.edu/docs/librariesprovider28/ctrc/nutrition/food_frequency_questionnaires.pdf?sfvrsn=eb8865b9_2>

Students can explore the contents of these surveys and read about their development and validation in the research articles that describe their use.

**Related references:**

Bell, L. K., Golley, R. K., & Magarey, A. M. (2013). Short tools to assess young children's dietary intake: a systematic review focusing on application to dietary index research. *Journal of obesity*, *2013*.

Birch, L. L., Fisher, J. O., Grimm-Thomas, K., Markey, C. N., Sawyer, R., & Johnson, S. L. (2001). Confirmatory factor analysis of the Child Feeding Questionnaire: a measure of parental attitudes, beliefs and practices about child feeding and obesity proneness. *Appetite*, *36*(3), 201-210.

Birch, L. L., Johnson, S. L., Grimm-Thomas, K., & Fisher, J. O. (1998). The Child Feeding Questionnaire (CFQ): An instrument for assessing parental control in child feeding.

Faith, M. S., Storey, M., Kral, T. V., & Pietrobelli, A. (2008). The Feeding Demands Questionnaire: Assessment of parental demand cognitions concerning parent− child feeding relations. *Journal of the American Dietetic Association*, *108*(4), 624-630.