

INDOOR ENVIRONMENT OBSERVATION TOOL

Center ID:

Date of observation:

Name of observer: _____

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	0 1 2 3 4 5: _____
<input type="checkbox"/> Fruits <input type="checkbox"/> Vegetables <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 3 4 5: _____
Nutrition games (i.e. Food Bingo)	YES	NO	0 1 2 3 4 5: _____
Outdoor/indoor garden	YES	NO	X
Curriculum (i.e. Captain 5 A Day)	YES	NO	0 1 2 3 4 5: _____

Item			Source? Circle Option					
	YES	NO	0. No source	1. USDA	2. Dairy	3. Beef	4. Food Company	5. Other (name)
CDs/Tapes/Videos on nutrition	YES	NO	0	1	2	3	4	5: _____
USDA Pyramid/other governmental materials	YES	NO	0	1	2	3	4	5: _____
Food children had participated in cooking - type of food: _____	YES	NO						X
Children's artwork depicting food - type of food: _____	YES	NO						X
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 → 4a. 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 → 5a. 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