

# Family Bookbag

**Eat Healthy. Play Hard. Read More.**



## PARENT COMMENT FORM

- Which resources in the bookbag did you look at? (please check all that apply)  
 children's books       tip sheet       recipe cards       did not look at any of these
- Which resources taught **YOU** something new about eating healthy or being physically active? (please check all that apply)  
 children's books       tip sheet       recipe cards       none of these
- Which resources taught **YOUR CHILD** something new about eating healthy or being physically active? (please check all that apply)  
 children's books       tip sheet       recipe cards       none of these
- As a result of experiencing the bookbag with your child, which of the following changes in health habits do you plan to make? (please check all that apply)       I do not plan to make any changes (skip to question 5)  
**I plan to:**  
 improve my own health habits to be a better role model for my child       be more physically active with my family  
 make sure there is milk in the house and offer it to my child more often       eat more fruits and vegetables myself  
 offer my child a healthy breakfast or encourage them to eat one at school       serve more fruits and vegetables at home  
 offer my child the chance to be active every day       serve healthier snacks and desserts at home  
 arrange our schedule so that my child gets enough sleep and rest       prepare a recipe from the bookbag  
 remind my child to wash his/her hands correctly       eat more meals together as a family  
 encourage, but not force, my child to taste new foods       offer new foods to my child
- How much time (*in minutes*) did you and/or your child spend...
  - looking at or reading the books? \_\_\_\_\_ minutes
  - looking at the tip sheet, recipes, and other things inside the bookbag? \_\_\_\_\_ minutes
- Was the amount of reading time (in question 5a):  more than usual     same as usual     less than usual
- Will you make any changes in the way you read to or with your child as a result of the bookbag?  yes     no
- If you responded "yes" to question 7 above, what changes will you make?
- Please ask **YOUR CHILD** which book he/she liked most? \_\_\_\_\_ least? \_\_\_\_\_
- How many days do you think the bookbag needs to stay home with your child for your family to enjoy it? \_\_\_\_\_

***Please return this form in the bookbag. Thanks for your time and comments!***