

Children's Eating Behavior Inventory

Today's Date: _____ Child's Name: _____ Age: _____

Filled out by: _____ Mother _____ Father _____ Other: _____

How Often Does This Happen?

Never Seldom Sometimes Often Always
 1 2 3 4 5

Is this a problem for you?

	1	2	3	4	5	YES	NO
My child chews food as expected for age	1	2	3	4	5	YES	NO
My child helps to set the table	1	2	3	4	5	YES	NO
My child watches TV at meals	1	2	3	4	5	YES	NO
I feed my child if he/she doesn't eat	1	2	3	4	5	YES	NO
My child takes more than half an hour to eat his/her meals	1	2	3	4	5	YES	NO
Relatives complain about my child's eating	1	2	3	4	5	YES	NO
My child enjoys eating	1	2	3	4	5	YES	NO
My child asks for food which he/she shouldn't have	1	2	3	4	5	YES	NO
My child feed him/herself as expected for age	1	2	3	4	5	YES	NO
My child gags at mealtimes	1	2	3	4	5	YES	NO
I feel confident my child eats enough	1	2	3	4	5	YES	NO
I find our meals stressful	1	2	3	4	5	YES	NO
My child vomits at mealtime	1	2	3	4	5	YES	NO
My child takes food between meals without asking	1	2	3	4	5	YES	NO
My child comes to table 1-2 min after I call	1	2	3	4	5	YES	NO
My child chokes at mealtimes	1	2	3	4	5	YES	NO
My child eats quickly	1	2	3	4	5	YES	NO
My child makes foods for him/herself when not allowed	1	2	3	4	5	YES	NO
I get upset when my child doesn't eat	1	2	3	4	5	YES	NO
At home my child eats food he shouldn't have	1	2	3	4	5	YES	NO
My child eats foods that taste different	1	2	3	4	5	YES	NO
I let my child have snacks between meals if he/she doesn't eat at meals	1	2	3	4	5	YES	NO
My child uses cutlery as expected for age	1	2	3	4	5	YES	NO
At friends homes my child eats foods he/she shouldn't eat	1	2	3	4	5	YES	NO
My child asks for food between meals	1	2	3	4	5	YES	NO
I get upset when I think about our meals	1	2	3	4	5	YES	NO
My child eats chunky foods	1	2	3	4	5	YES	NO
My child lets food sit in his/her mouth	1	2	3	4	5	YES	NO
At dinner I let my child choose the foods he/she wants from what is served	1	2	3	4	5	YES	NO
IF YOU ARE A SINGLE PARENT, SKIP the next 4 questions							
My child's behavior at meals upsets my spouse	1	2	3	4	5	YES	NO
I agree with my spouse about how much our child should eat	1	2	3	4	5	YES	NO
My child interrupts conversations with my spouse at meals	1	2	3	4	5	YES	NO
I get upset with my spouse at meals	1	2	3	4	5	YES	NO
My child eats when upset	1	2	3	4	5	YES	NO
My child says he/she is hungry	1	2	3	4	5	YES	NO
My child says she/he'll get fat if she/he eats too much	1	2	3	4	5	YES	NO
My child helps to clear the table	1	2	3	4	5	YES	NO
My child hides food	1	2	3	4	5	YES	NO
My child brings toys or books to the table	1	2	3	4	5	YES	NO
My child's behavior at meals upsets our other children (Skip if only child)	1	2	3	4	5	YES	NO