**Άσκηση**

Παρακάτω βλέπετε 12 κατηγορίες γονεϊκών πρακτικών απέναντι στο τρώγειν των παιδιών και αποκάτω βλέπετε ερωτήσεις/ δηλώσεις που ανήκουν σε κάθε κατηγορία. Ταχτοποιήσετε τις ερωτήσεις δηλώσεις σε κάθε μια κατηγορία.

**ΚΑΤΗΓΟΡΙΕΣ**

1. Child Control—Parents allow the child control of his/her eating behaviors and parent–child feeding interactions. (5 ερωτήσεις)

2. Emotion regulation—Parents use food to regulate the child’s emotional states. (3 ερωτήσεις)

3. Encourage balance and variety—Parents promote well-balanced food intake, including the consumption of varied foods and healthy food choices. (4 ερωτήσεις)

4. Environment—Parents make healthy foods available in the home. (4 ερωτήσεις)

5. Food as reward—Parents use food as a reward for child behavior. (3 ερωτήσεις)

6. Involvement—Parents encourage child’s involvement in meal planning and preparation. (3 ερωτήσεις)

7. Modeling—Parents actively demonstrate healthy eating for the child. (4 ερωτήσεις)

8. Monitoring—Parents keep track of child’s intake of less healthy foods. (4 ερωτήσεις)

9. Pressure—Parents pressure the child to consume more food at meals. (4 ερωτήσεις)

10. Restriction for Health—Parents control the child’s food intake with the purpose of limiting less healthy foods and sweets. (4 ερωτήσεις)

11.Restriction for weight control—Parents control the child’s food intake with the purpose of decreasing or maintaining the child’s weight. (8 ερωτήσεις)

12. Teaching about nutrition—Parents use explicit didactic techniques to encourage the consumption of healthy foods. (3 ερωτήσεις)

**ΠΡΑΚΤΙΚΕΣ**

1. How much do you keep track of the sweets (candy, ice cream, cake, pies, pastries) that your child eats?

2. Do you let your child eat whatever s/he wants?

3. At dinner, do you let this child choose the foods s/he wants from what is served?

4. When this child gets fussy, is giving him/her something to eat or drink the first thing you do?

5. Do you give this child something to eat or drink if s/he is bored even if you think s/he is not hungry?

6. Do you give this child something to eat or drink if s/he is upset even if you think s/he is not hungry?

7. If this child does not like what is being served, do you make something else?

8. Do you allow this child to eat snacks whenever s/he wants?

9. There are certain foods my child shouldn’t eat because they will make him/her fat.

10. I tell my child what to eat and what not to eat without explanation.

11. How much do you keep track of the high-fat foods that your child eats?

12. Do you allow this child to leave the table when s/he is full, even if your family is not done eating?

13. Do you encourage this child to eat healthy foods before unhealthy ones?

14. Most of the food I keep in the house is healthy.

15. I involve my child in planning family meals.

16. I keep a lot of snack food (potato chips, Doritos, cheese puffs) in my house.

17. How much do you keep track of the sugary drinks (soda/pop, kool-aid) this child drinks?

18. I have to be sure that my child does not eat too many high-fat foods.

19. I offer my child his/her favorite foods in exchange for good behavior.

20. I allow my child to help prepare family meals.

21. How much do you keep track of the snack food (potato chips, Doritos, cheese puffs) that your child eats?

22. A variety of healthy foods are available to my child at each meal served at home.

23. If I did not guide or regulate my child’s eating, s/he would eat too much of his/her favorite foods.

24. I encourage my child to try new foods.

25. I discuss with my child why it’s important to eat healthy foods.

26. I tell my child that healthy food tastes good.

27. I encourage my child to eat less so he/she won’t get fat.

28. My child should always eat all of the food on his/her plate.

29. I give my child small helpings at meals to control his/her weight.

30. If my child says, ‘‘I’m not hungry,’’ I try to get him/her to eat anyway.

31. I discuss with my child the nutritional value of foods.

32. I encourage my child to participate in grocery shopping.

33. If my child eats more than usual at one meal, I try to restrict his/her eating at the next meal.

34. I restrict the food my child eats that might make him/her fat.

35. If I did not guide or regulate my child’s eating, he/she would eat too many junk foods

36. I withhold sweets/dessert from my child in response to bad behavior.

37. I keep a lot of sweets (candy, ice cream, cake, pies, pastries) in my house.

38. I encourage my child to eat a variety of foods.

39. If my child eats only a small helping, I try to get him/her to eat more.

40. I have to be sure that my child does not eat too much of his/her favorite foods.

41. I don’t allow my child to eat between meals because I don’t want him/her to get fat.

42. I offer sweets (candy, ice cream, cake, pastries) to my child as a reward for good behavior.

43. I have to be sure that my child does not eat too many sweets (candy, ice cream, cake, or pastries).

44. I model healthy eating for my child by eating healthy foods myself.

45. I often put my child on a diet to control his/her weight.

46. I try to eat healthy foods in front of my child, even if they are not my favorite.

47. I try to show enthusiasm about eating healthy foods.

48. I show my child how much I enjoy eating healthy foods.

49. When he/she says he/she is finished eating, I try to get my child to eat one more (two more, etc.) bites of food.