**DEPARTMENT OF HEALTH SERVICES STATE OF WISCONSIN** Division of Medicaid Services

F-01066B (07/2008)

**HEALTHCHECK ADOLESCENT’S FOOD RECORD  
(13 TO 20 Years of Age)**

|  |  |
| --- | --- |
| Name of Adolescent | Date |

**Directions:** Write down everything you had to eat or drink and how much in the last 24 hours (meals and snacks). Start with the first time you ate yesterday to the first time you ate today.

10:30 AM Home Donut, 4 ounces apple juice Noon Home Sandwich – 2 slices whole wheat bread, 2 slices cheddar cheese, 1 tablespoon butter

|  |  |  |
| --- | --- | --- |
| TIME | PLACE | AMOUNT AND FOOD OR BEVERAGE CONSUMED |
|  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **OFFICE USE ONLY** | Bread | Vegetables | Fruit | Milk | Meat |

1. Is this the way you eat most of the time?  Yes  No If no, why not?

2. What foods do you refuse to eat?

3. How often do you eat away from home?  1 to 2 times a week  2 to 4 times a week  Almost every day

Where are these meals eaten?

4. Are you on a diet, following diet restrictions or trying to control your weight?  Yes  No

5. How many times in the last month did you have problems getting enough food?