

Food check sheet

Name: _____

Member number : _____

M / F

Age:

Year

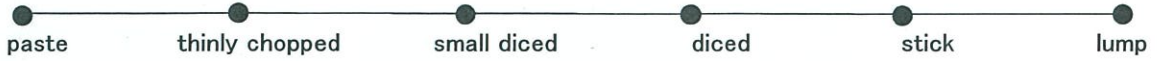
Month

◆Does your baby have any food allergies?

Yes No

yes, explain: [_____]

◆meal's form



◆please check the food which your child has tried to eat.

| | | | |
|-------------------|---|--|---|
| grains | <input type="checkbox"/> rice | <input type="checkbox"/> bread | <input type="checkbox"/> noodle |
| soybean | <input type="checkbox"/> tofu | <input type="checkbox"/> soymilk | <input type="checkbox"/> fried tofu |
| protein | <input type="checkbox"/> fish [_____] | | <input type="checkbox"/> chicken |
| | <input type="checkbox"/> seafood [_____] | | <input type="checkbox"/> pork |
| fruit & vegetable | <input type="checkbox"/> vegetable [carrots,tomato,spinach,onions,etc.] | | <input type="checkbox"/> sweet potato |
| | <input type="checkbox"/> fruit [apples,bananas,citrus,seasonal fruits] | | <input type="checkbox"/> potato |
| egg | <input type="checkbox"/> eggs | | <input type="checkbox"/> mayonaise |
| milk | <input type="checkbox"/> fresh milk | <input type="checkbox"/> hot milk | <input type="checkbox"/> processed milk [cheese,yogurt] |
| seasoning | <input type="checkbox"/> miso | <input type="checkbox"/> soy sauce | <input type="checkbox"/> curry powder |
| | <input type="checkbox"/> oyster sauce | | |
| oil | <input type="checkbox"/> butter | <input type="checkbox"/> salad/olive oil | <input type="checkbox"/> sesame oil |
| broth, bouillon | <input type="checkbox"/> fish | | <input type="checkbox"/> chicken |
| | <input type="checkbox"/> sea weed | | <input type="checkbox"/> consomme,chicken-bone broth |
| other | <input type="checkbox"/> sesame | <input type="checkbox"/> snack | <input type="checkbox"/> baby food |

◆What time dose your baby eat and what do you typically prepare for each meal?

ex. lunch time:12:00 (bread, sauted chicken,vegetable soup,fruits)

breakfast time: (_____)

lunch time: (_____)

snack time: (_____)

dinner time: (_____)

◆Do you have any other comments about your baby's dictary need?