

RAVES

Regularity is achieving a regular eating pattern, incorporating 3 meals and 3 snacks eat day.

Is your child able to eat regularly? Y/N



Adequacy is ensuring enough food is eaten to support health and wellbeing.

Is your child eating an adequate amount of food? Y/N



Variety is making sure different types of food are eaten.

Is your child eating a variety of food? Y/N



Eating socially. It is important to be able to eat in the company of others.

Is your child able to eat socially? Y/N



Spontaneity is being able to eat unexpectedly, or in an unplanned way.

Is your child able to eat spontaneously? Y/N

