

My Feeding History

Name: _____

Directions: Take this worksheet and interview someone with a young child, like a friend, relative or neighbor.

1. When was the child born?
2. When did s/he begin eating?
3. Was s/he nursed or bottle-fed?
4. For how long was s/he nursed or bottle-fed?
5. What was his/her first solid food?
6. How did s/he react when s/he first tasted it?
7. What was his/her favorite food as a baby?