Adolescent Food Habits Checklist

SCORING

1 point for each ‘healthy’ response.
Final score should be adjusted for ‘not applicable’ and missing responses using the formula:
AFHC score = no of ‘healthy’ responses x (23/no of items completed).

Reference:
Johnson, F, Wardle, J & Griffith, J
The Adolescent Food Habits Checklist: reliability and validity of a measure of healthy eating behaviour in adolescents
European Journal of Clinical Nutrition, 56, 644-649