

Field research assistant guide to collect detailed diet data using a 24-hour recall method

The 24-hour recall procedure consists of 4 discrete steps. During each step, the field research assistant will guide the subject through the entire day, asking about any food or drink consumed, so that more detail is added during each step. *The interviewer must remain neutral and avoid leading questions while helping the respondent to remember the previous day.*

The four steps of the 24-hour recall technique are:

1. Recalling the foods (and recipes) consumed.
2. Describing the foods (and recipes) consumed.
3. Estimating the amounts of foods (and recipes) consumed.
4. Review and clarification

Further detail on conducting each pass is described below.

Step 1. Recalling the foods (and recipes) consumed.

Collect an indirect list of foods (and recipes) consumed by asking general open questions such as, "When you woke up yesterday morning, what was the first thing you did? Did you eat or drink anything then? What did you do next? Where were you? Did have anything to eat and drink during this time? Leave space on this list between meals and snacks in case the mother later remembers a food that she initially forgot.

Step 2. Describing the foods (and recipes) consumed.

Guide the respondent in thinking through each food or drink consumed the previous day, using neutral questions to obtain as much detail as possible. Some examples of information obtained during Step 2 include cooking methods, and brands, where applicable. As you proceed, ask the subject again whether there is anything else they ate or drank during each activity. Record the detailed description of each food or drink consumed on Forms DD1 and DD2.

Step 3. Estimating the amounts of foods (and recipes) consumed.

During the 3rd step, you will review the list of foods and descriptions and ask the respondent how much of each food or drink was consumed. You will then quantify this amount using visual aids, a measuring cup, or a tape measure, and then record the amount on Form DD1. To complete Form DD2 for each recipe, you will also need to record the amount of each raw ingredient in the recipe and the total amount of the cooked dish.

Step 4. Review and clarify the data.

To complete Pass 4, read back all of the information on Forms DD1 and DD2 and ask the participant if what you have recorded is correct. Review the forms to make sure information is accurate and as detailed as possible. Include food item codes that are available. Clarify any uncertainties with the respondent at this time.

Form DD2: Detailed diet data collection form II RECIPE LIST					
DD2.1 Recipe name: _____		DD2.2 Interview date (DD/MM): _ _ / _ _ / 2014			
Recipe code: _ _ _ _ _		DD2.6 Staff ID: _ _ _ _			
DD2.3 Cluster ID: _ _ _ _ _		DD2.7 Staff name: _____			
DD2.4 Household ID: _ _ _ _ _ _ _		DD2.5 Mother ID: _ _ _ _ _ _ _			
DD2.8 Ingredient name	DD2.9 Ingredient description and cooking method	DD2.10 Quantity added to the recipe	DD2.11 Units of quantity used (1=grams, 2=mL, 3=pieces)	DD2.12 Form of the food at moment of estimation (1=raw w/waste, 2=raw NO waste, 3=cooked w/waste, 4=cooked NO waste, 5=ready to eat, 9=DK)	DD2.13 Food code
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DD2.14 Quantity prepared (#) _ _ _		DD2.15 Units of quantity prepared: _ (1=grams, 2=mL, 3=pieces)			Page number _ of _

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