

Protocol for the completion of a food consumption record: Individual 24-hour recall

The following instructions provide detailed prompts for obtaining information in the individual 24-hour recall of food and drink consumption. Please follow the sequence carefully. Where words appear in upper case inside parentheses, supply the appropriate word (e.g. if DAY appears, say the name of the appropriate day of the week). Words that appear inside square brackets are instructions to you.

Introduction at beginning of first 24 hour recall

[Where interview being conducted with parent/carer on behalf of child, insert child's name as appropriate]

IF RESPONDENT IS ADULT OR CHILD AGED UNDER FIVE SAY

I am going to ask you about everything that you/(NAME OF CHILD) ate and drank yesterday. By this I mean, 24 hours from midnight to midnight. I would like to know exactly what was eaten and drunk and how much you/(NAME OF CHILD) had.

OR

IF RESPONDENT IS CHILD AGED BETWEEN FIVE AND TWELVE SAY

I am going to ask you about everything that (NAME OF CHILD) ate and drank yesterday. By this I mean, 24 hours from midnight to midnight. I would like to know exactly what was eaten and drunk and how much (NAME OF CHILD) had.

[Addressing yourself to child, say]

I will ask you to tell me about any foods and drinks which your (MUM, DAD (main food provider)) does not know about or cannot remember. Is that okay?

[Wait for agreement].

OR

IF RESPONDENT IS CHILD AGED TWELVE AND OVER SAY

I am going to ask you about everything that you ate and drank yesterday. By this I mean, 24 hours from midnight to midnight. I would like to know exactly what was eaten and drunk and how much you had.

[Say to Mum or Dad]

I would prefer to ask (NAME OF CHILD) for information first and then ask you to fill in the details. Is that okay? [Wait for agreement].

[Addressing yourself to child say]

I will ask your (MUM, DAD (main food provider)) to tell me exactly what it was you ate when you are not sure.

Introducing portion size estimation

[Where interview being conducted with parent/carer on behalf of child, insert child's name as appropriate]

THE INTERVIEWER SAYS:

1. When I ask you how much food and drink you/(NAME OF CHILD) had, I would like you to tell me in as much detail as possible in terms of the size of the package for example half a tin of baked beans. In this case also tell me the size of the tin for example a 420g tin.
2. Or in terms of household utensils for example a glass of milk. In this case I would like you to tell me how big the glass was. Or number of spoons, in which case I would ask you for the size of spoon. This is a life size photograph of a teaspoon, dessertspoon and tablespoon [show photograph of spoons]
3. To help you to tell me how much of a food you/(NAME OF CHILD) ate, I have a book here with photographs of different amounts of foods.
[Show book and open book at page 1 (photograph of rice)]
As you can see there are eight photographs. I will ask you to pick **one photograph** that looks like the amount you/(NAME OF CHILD) had to eat.
4. This is a life size photograph of the plate used in most of these photographs.
[Show photograph of 10" plate]
[Show other photographs of plates, as necessary during recall]
5. Have a look at a few more photographs and then we can start.
[Allow subject to flick through book if they want and start when they are ready].
6. If you/(NAME OF CHILD) ate any homemade dishes for example a stew, I would like you to tell me the ingredients and how much was used. If you do not know the ingredients I may need to ask whoever prepared and cooked the dish

24 hour recall itself

THE INTERVIEWER SAYS:

1. I would like you to tell me everything that you had to eat and drink yesterday. By yesterday I mean, from midnight to midnight. Include everything that you/(NAME OF CHILD) had to eat and drink at home and away from home, including snacks, tea, coffee, sweets, soft drinks (AND ALCOHOL). [Omit for child].
 - First we'll make a list of the foods you/(NAME OF CHILD) ate and drank all day yesterday (DAY).
 - Next I'll ask you about the foods including amounts and then I'll ask you a few questions.
 - It may help you to remember what you/(NAME OF CHILD) ate by thinking about where you/(NAME OF CHILD) were, whom you/(NAME OF CHILD) were with, or what you/(NAME OF CHILD) were doing yesterday; like going to work, eating out or watching television. Feel free to keep these activities in mind and say them aloud if it helps you.
 - So... if you would like to start at midnight at the beginning of (DAY).

[COMPLETE QUICK LIST WITHOUT INTERRUPTION]

[WHEN SUBJECT STOPS ASK]

- What else?

2. [Where interview is being addressed to child]
[Say to parent/carer] Can you think of anything else that (NAME OF CHILD) had to eat or drink yesterday.

OR

2. [Where interview is being addressed to parent on behalf of child]
[Say to child] Can you think of anything else that you had to eat or drink yesterday?

[ADD ITEMS INTO QUICK LIST AT APPROPRIATE POINTS]

[THEN ASK]

- What else?

[CONTINUE UNTIL NO FURTHER ADDITIONS]

3. There are some foods that people often forget. In addition to what you have already told me about, did you/(NAME OF CHILD) have any:
 - Coffee, tea, soft drinks or milk
 - Alcoholic drinks
 - Biscuits, cakes, sweets, chocolate bars or other confectionery
 - Crisps, peanuts or other snacks
 - Sauces, dressings,
 - Anything you have not already told me about?

4. Now I would like to go through the list you have just given me and ask you some details about each item of food and drink. If while we are talking you remember anything else that you/(NAME OF CHILD) had to eat or drink, please tell me.

4a. Was (FIRST FOOD FROM QUICK LIST) the first thing that you/(NAME OF CHILD) had to eat/drink yesterday?

IF YES: [GO TO BOX 1, Step a and work through steps in box]

IF NO: What was the first thing you/(NAME OF CHILD) had to eat or drink yesterday?

[RECORD ITEM NAMED ON MAIN LIST]

[GO TO BOX 1, Step b]

4b. Was (NEXT ITEM FROM QUICK LIST) the next thing you/(NAME OF CHILD) had to eat/drink?

[CONFIRM IF FOOD IS OBVIOUSLY PART OF SAME MEAL (e.g. milk on cereal) AND GO TO BOX 1]

4c. ***[CONTINUE UNTIL ALL FOODS ON QUICK LIST HAVE BEEN TICKED]***

BOX 1

- a. **TRANSFER ITEM FROM QUICK LIST AND TICK BOX.**
- b. (If necessary) **ASK:** About what time was that?
- c. **RECORD TIME** (in 24-hour clock format e.g. 18.00 for 6pm)
- d. **ASK FOR DETAILED DESCRIPTION (USE THE FOOD DESCRIPTIONS LISTED AT THE BEGINNING OF THE RECORD SHEET AND THE FOOD DESCRIPTION PROMPT SHEET)**
- e. **RECORD 'DESCRIPTION'**
- f. **ASK FOR BRAND NAME**
- g. **RECORD 'BRAND NAME'** (if recalled at first request)
- h. **ASK FOR AMOUNT (USE PHOTOS, HOUSEHOLD MEASURES OR WEIGHTS)**
- i. **RECORD 'AMOUNT'**
- j. (If necessary) **PROMPT FOR RECIPES.** (Record on recipe pages including amounts of ingredients)
- k. **GO TO 4b**

Before moving on to the next meal/snack:

- l. **ASK ABOUT SECOND HELPINGS.** (Record on separate line)
- m. **ASK ABOUT LEFTOVERS** (Record in Leftovers column).
- n. (If necessary) **PROMPT FOR ADDITIONS (USE COMMONLY CONSUMED ADDITIONAL FOOD PROMPTS)**

REVIEW

5. Let's see if I have everything. I would like you to try and remember anything else that you/(NAME OF CHILD) had to eat or drink yesterday that you have not already told me about, including anything that you/(NAME OF CHILD) had to eat or drink while you were preparing a meal or waiting to eat.

[USE THE FOLLOWING PROMPTS TO ELICIT ADDITIONAL FOODS]

- 5a. Did you/(NAME OF CHILD) have anything to eat or drink between midnight yesterday and (TIME / NAME OF FIRST OCCASION)?
- 5b. At (TIME / NAME OF OCCASION) you/(NAME OF CHILD) had (FOODS/DRINKS). Do you recall (NAME OF CHILD) having anything else to eat or drink?
- 5c. Did you/(NAME OF CHILD) have anything to eat or drink between (TIME / THIS OCCASION) and (NEXT OCCASION)?

[REPEAT STEPS 5b TO 5c UNTIL LAST OCCASION / TIME]

- 5d. At (TIME / NAME OF OCCASION) you/(NAME OF CHILD) had (FOODS/DRINKS). Do you recall (NAME OF CHILD) having anything else to eat or drink?
- 5e. Did you/(NAME OF CHILD) have anything else to eat or drink between (THIS OCCASION) and midnight last night?

PLACE NAMES

6. I would like to ask you to give me a place name from this card **[SHOW CARD 1]** for each occasion at which you/(NAME OF CHILD) ate or drank something.

[FOR EACH OCCASION / TIME ASK:]

- 6a. Where did you/(NAME OF CHILD) eat/drink that?

[PROMPT WITH CARD 1]

- 6b. **[ENTER "PLACE" LETTER]**

- 7 **[WHERE BRAND HAS NOT BEEN RECALLED AT FIRST REQUEST BUT RESPONDENT HAS PRODUCT IN CUPBOARD, FRIDGE ETC, ASK IF YOU CAN CHECK PRODUCT AND ENTER BRAND NAME ON RECALL]**

- 8 **[COMPLETE '24 HOUR QUESTIONS' IN THE BOOKLET FOR THIS FOOD CONSUMPTION RECORD]**