**Date:…………………………..**

**Participant ID #:…………………. Interviewer Name:…………………..**

**Wake up time of child………………**

**Was the child’s diet typical on this day?..................................................**

**Was there any impact of COVID\_19 on what the child ate this day (i.e on the food the family was able to give)............………..**

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| **Time, Location, Meal# or Snack#** | **Foods, Beverages, Condiments, Sauces, Spreads** | **Brand, Preparation Method** | **Portion Size** |
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| **Time, Location, Meal# or Snack#** | **Foods, Beverages, Condiments, Sauces, Spreads** | **Brand, Preparation Method** | **Portion Size** |
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**N.B. Did the child share a bowl with others? Y/N. If yes be careful when estimating intake above.**

**Instructions**

**Instructions for 24 hour recall**

The 24 hour recall will be conducted in several stages using the **“Multiple Pass Method”** where recalls are made of several days in the same week. We will be collecting data on 2 days from the week, and also from a Sunday.

The method involves an interview which includes several stages which are each outlined below:

1. General information: check child name, code date of interview and their wake up time. Check whether the child has any dietary related diseases and whether this was a typical day for the child in terms of their eating/ drinking (if not why not, make notes- especially about any impact of COVID-19).
2. Quick list: develop a complete list of all foods and drinks the child ate/ drank the previous day, along with the time and place they were. The previous day is from the time the child woke up to the time they went to sleep at night. If the child ate a snack in the middle of the night, that can be included too. Begin by asking about the first food and/or drink consumed in the morning. Avoid asking questions about specific meals (eg. breakfast, lunch, or supper). Rather, use neutral questions such as “Tell me what your child had to eat or drink after they woke up yesterday. What was the time? Did they eat that food at home? What did they have next and when was that?” Proceed through the day, focussing on what the child did that day as a guide to when they would have eaten and had drinks. The parent should also think about what child ate when they were not there, e.g. if child was at school did they have porridge at school? Did they eat with other people?

3) Descriptions of foods and recipes: go over each of the responses, asking for more specific descriptions of all the foods and drinks consumed, including cooking methods and brand names. Information about the place and time of eating should also be noted. Examples of prompts for specific food items are:

a) Meat: type of meat, description of cut, method of cooking, lean or lean + fat, sauces

b) Poultry: type of poultry, parts or pieces eaten, method of cooking, white or dark meat, meat + skin or meat only, sauces

c) Milk products: type of dairy product, brand name, percentage fat

d) Bread/rolls: type of grain (eg. rye, whole wheat, etc.), homemade/store bought, size, toasted, condiments (eg. butter, jam, etc.)

e) Vegetables: fresh/frozen/canned, peeled/unpeeled, method of cooking, topping, sun drying, mortar and peddle pounding

f) Drinks, including water: volumetric or fluid ounces, size of can or bottle, sweetened/unsweetened, water

4) Quantification of foods and recipes: obtain estimates of the amounts of all foods and beverages consumed. Record as volumes (eg. cups, tablespoons, millilitres) or as weights (eg. grams, pounds, ounces).

a) If the interview is in person, refer to food models, measuring cups and spoons, plates, glasses, and bowls.

b) If the interview is over the phone ask the parent to take out a set of measuring cups and spoons, as well as the cup(s), bowl(s), glass(es) that they used the previous day. Compare these to bowls that you know the size of to get estimates of the size of the portion. (If we have handouts for this, please use them).

Pay careful attention to any bowl or plate sharing when calculating how much the child has consumed.

5) Probing questions: go over the information with the parent to check that everything has been recorded correctly. Use statements such as “*I will read back to you what I have recorded to make sure that I have not made any mistakes.”* Finally, the parent should be asked about the use of any vitamin and mineral supplements, protein or diet drinks. Check about whether the child wakes in the night to eat or drink. Check whether anything was missed, such as condiments (e.g. salt, pickles) or food groups (eg. meat, milk products), or fluids.

6) Dietary supplements: ask about whether the child takes any vitamins or minerals, or “tonic” or “energy-booster” plant by-products, if so note the amount and times during the 24 hour period.

**Additional Notes:**

\* The same interviewer should do all interviews for the same participant.

\* Standardized household dishes and utensils and food models should be used as much as possible.

\* If the recall is done by phone, ask the individual to set out some of their own dishes/utensils of known quantities.