

Protocol for eliciting Dietary Diversity of Mother and Child: The Open 24h recall

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The qualitative 24h recall is designed to collect information about all the different foods consumed during the day before the interview without wanting to measure or estimate the quantities of the foods consumed.

The qualitative 24h recall will use 4 of the 5 recommended steps of a standardized 24h recall methodology (one of the steps being the estimation of portion sizes and consumed quantities which we don't consider here). The information collected will be noted in the table below.

Time of consumption (hour) (c)	Name of the food or dish (d)	Ingredients (e)	Source of foods or ingredients (f)

Step 1 : Record a list of foods consumed the preceding day (from 0h till 24h). Fill in column (b). One can also fill in column (a) if the mother/woman already mentions the exact time when the foods were consumed

Step 2 : Revise the list together with the mother/woman and probe for foods often forgotten, such as foods consumed in between major meals ;

Step 3 : **Collect details about the listed foods;** ask for more information about the time of consumption (a) and (c) of the foods and also about the different ingredients of composed/mixed dishes (e). For manufactured foods, you ask for the trade mark and add it in parenthesis in column (d) or (e). For each single food or ingredient (also for manufactured foods), ask for the source of the food/ingredient. Fill in columns (e), (f) for each food/ingredient.

Step 4 : **Perform a final check on all foods listed and ask again if no foods or ingredients were forgotten.** If something was omitted, add the foods/ingredients with all details to the table and fill in columns (c), (d), (e), (f).

The different column will contain the following information :

(a) and (c): Time of the day/ hour of meal : write down the time when the food was consumed, if the respondent does not know the exact hour, write down the moment of the day

(b) and (d): Name of food or dish: write down the name of the dish or food as consumed

(e) : Ingredients : write down all ingredients of composed/mixed dishes (one per line) and fill in column (f) for each ingredient cited

(f) : Source of foods or ingredients: use codes (1 till 7) : 1 = *Own production*; 2 = *Bought*; 3 = *Borrowed*, 4= *Gift/aid from relatives*, 5 = *Collection/harvest from the wild*; 6= *Food aid (Governmental, NGOs)*; 7 = *Others (specify)*

Remark:

It is very important that the interviewer has a good knowledge of the different foods and dishes that are consumed in the communities. He should be able to help the respondents remembering certain ingredients of composed dishes that might have been forgotten during the interview process. In that case, the interviewer asks if the respondent is sure about all the ingredients, if she did not forget this or that.... But: be careful; don't let the respondent confirm foods or ingredients she/he did NOT consume.

The interviewer will use the results from the focus group discussions (FGDs) to help (via probing questions) the participating women recall all necessary details about ingredients used during food preparation, including the use of wild plants and spices, aromatic plants, etc.

The interviewer could also do some preparatory work and collect information about recipes of the main dishes used in the community. This information is extremely useful to help the respondents remember certain ingredients, but should in any case NOT be used to add elements/ingredients on the questionnaire form that were NOT confirmed by the respondent.

Example

You are asked to do a 24h recall with Ms X and her 4 year old son Y. She declared having eaten yesterday at 9 o'clock in the morning, the leftovers from the previous day (rice with goat meat in tomato sauce), after having given millet and sorghum porridge to her son around 8 o'clock. The millet was bought in the market and the sorghum came from the own farm, honey collected from the wild was used (instead of sugar) to sweeten the porridge. The sauce accompanying the goat meat (bought in the market) contained fresh tomatoes from her field, 'Gino' canned tomato paste and Cube Maggi and some black pepper from the market. The rice came from their own field. Around 11 o'clock, she ate roasted maize on the cob offered by the neighbor. Subsequently she cooked smoked catfish with baobab leaves and palm oil. The oil palm kernels came from her husbands' trees and the baobab leaves were harvested from a tree in the village not far away from her home. The fish was bought in the market. To season the sauce, she added garlic, salt and some Maggi cube all bought in the market except for the salt borrowed from the neighbor.

Meanwhile, her son playing with the other kids at the neighbors' place, ate some mango. Around 1 pm Ms X ate the fish sauce accompanied with boiled plantain bananas bought from the market, while her son preferred to eat the fish with white boiled cassava tubers from their own field. In the evening, around 6 pm, mother and son ate again the same sauce, but this time with some maize flower paste prepared from maize obtained from their own field.

24h recall of the mother

Step 1 : Record a list of foods consumed the preceding day by Ms X

Time of consumption (hour) (a)	Name of the food or dish (b)
9am	Rice with goat meat in tomato sauce
11am	Maize on the cob roasted
1pm	Catfish with baobab leaves and oil palm + boiled plantain bananas
6pm	Catfish with baobab leaves and oil palm + maize paste

Step 2 : Revise the list together with the mother/woman and probe for foods often forgotten

For example, it is possible she forgot to mention that at 12 o'clock, she had some traditional beer made from sorghum offered by her brother in law. Around 4pm, she and her son ate some orange fleshed sweet potato bought from a village vendor. She also remembers now, she and her son ate some dried baobab fruit after lunch (from the tree in the village).

In this case, we have to complete the information in the table below:

Time of consumption (hour) (a)	Name of the food or dish (b)
9am	Rice with goat meat in tomato sauce
11am	Maize on the cob roasted
1pm	Catfish with baobab leaves and oil palm + boiled plantain bananas
6pm	Catfish with baobab leaves and oil palm + maize paste
12 o'clock	Traditional beer made from Sorghum
4pm	Orange fleshed sweet potato

2pm	Dry baobab fruit
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Step 3 : Collect details about the listed foods; ask for more information about the time of consumption of the foods and also about the different ingredients of composed/mixed dishes; for manufactured goods, please add the trade mark (e.g. Gino in this case). For each single food or ingredient, ask for the source of the food/ingredient. Fill in columns (e), (f) for each food/ingredient.

Time of consumption (hour) (c)	Name of the food or dish (d)	Ingredients (e)	Origin /Source of foods or ingredients (f)
9am	Rice	Local rice	1
9am	Goat meat in tomato sauce	Goat	2
		Fresh tomato	1
		Canned tomato paste (Gino)	2
		Cube Maggi	2
		Black pepper	2
11am	Roasted maize on the cob	maize	4
12o'clock	Traditional beer from Sorghum	Fermented sorghum	4
1pm	smooked catfish with baobab leaves and oil palm	Oil palm kernels	1
		Baobab leaves	5
		Catfish	2
		garlic	2
		Salt	3
		Cube Maggi	2

Time of consumption	Name of the food or dish (d)	Ingredients (e)	Origin /Source of
1pm	Boiled plantain banana	Plantain banana	2
2pm	Dried baobab fruit	Dried baobab fruit	5
4pm	Orange fleshed sweet potato	Orange fleshed sweet potato	2
6pm	smooked catfish with baobab leaves and oil palm	Oil palm kernels	1
		Baobab leaves	5
		Catfish	2
		garlic	2
		Salt	3
		Cube Maggi	2
6pm	Maize paste	Maize flower	1

Source : 1 = Own production; 2 = bought; 3 = borrowed, 4= Aid/assistance of relatives, 5 = harvest/picked from the wild; 6= Food Aid (Government, NGOs); 7 = Others (specify)_____

Step 4 : Perform a final check on all foods listed and ask again if no foods or ingredients were forgotten. If something was omitted, add the foods/ingredients with all details to the table and fill in columns (e), (f).

24h recall of the child

Step 1 : Ask the mother to recall/cite all the foods the child (mention name of child) ate the preceding day since the child woke up in the morning till it went to bed in the evening, including beverages and snacks consumed in between the major meals.

Here you need to pay attention, because she might have cited already certain foods during her own recall.

Time of consumption (hour) (a)	Name of the food or dish (b)
8am	Millet and Sorgho porridge with honey
11am	Mango
1pm	Catfish with baobab leaves and oil palm + boiled cassava tubers
2pm	Dried baobab fruit
4pm	Orange fleshed sweet potato
6pm	Catfish with baobab leaves and oil palm + maize paste
11am	Coca cola drink with caramels

Step 2 : . Check with the mother, the list of foods she recalled being consumed by her child the preceding day and ask if she did not forget anything (including drinks).

You can for example learn that the child had some coca-cola at the neighbors place with some caramels. You have to add this information to the child's table. For the coca-cola and the caramels, the mother does not know the ingredients, so we can't fill in column (e), though you need to ask if she can remember the trade mark of these foods (here 'haribo'). In addition, you need to mention the source of the foods in column (f), which is in this case code 4.

Step 3 : For each food or dish mentioned in the table above, ask the mother to specify the time of consumption, the ingredients used in the preparation of mixed dishes and the source of the single foods or ingredients used to prepare mixed dishes.

for dishes that were consumed together with the mother, you can copy the information from the mother's recall. When the child ate different dishes than the mother, you need to collect the information about the ingredients and sources (e.g. for the porridge) .

Time of consumption (hour) (c)	Name of the food or dish (d)	Ingredients (e)	Origin /Source of foods or ingredients (f)
8am	Millet and Sorghum porridge	Millet	2
		Sorghum	1
		Honey	5
11am	Mango	Mango	4
11am	Coca-Cola		4
	Caramel (haribo)		4
1pm	smooked catfish with baobab leaves and oil palm	Oil palm kernels	1
		Baobab leaves	5
		Catfish	2
		garlic	2
		Salt	3
		Cube Maggi	2
1pm	Boiled cassava	Cassava	1
2pm	Dried baobab fruit	Dried baobab fruit	5
4pm	Orange fleshed sweet potato	Orange fleshed sweet potato	2

Time of consumption (hour) (c)	Name of the food or dish (d)	Ingredients (e)	Origin /Source of foods or ingredients (f)
6pm	smooked catfish with baobab leaves and oil palm	Oil palm kernels	1
		Baobab leaves	5
		Catfish	2
		garlic	2
		Salt	3
		Cube Maggi	2
6pm	Maize paste	Maize flower	1

Source : 1 = Own production; 2 = bought; 3 = borrowed, 4= Aid/assistance of relatives, 5 = harvest/picked from the wild; 6= Food Aid (Government, NGOs); 7 = Others (specify)_____

Step 4 : Perform a final check on all foods listed and ask again if no foods or ingredients were forgotten. If something was omitted, add the foods/ingredients with all details to the table and fill in columns (e), (f).