

Instructions for Building a 24-Hour Dietary Recall Kit

Materials needed:

- Food shape set consisting of 10 shapes cut from laminated poster board:
 - 1/4 of 12" pizza
 - 1/8 of 14" pizza
 - 1/8 of 16" pizza
 - 1/12 of 9" layer cake
 - 1/6 of 9" pie
 - 1" square
 - 2" square
 - 3" square
 - 4" round
- Deck of cards (*represents 3 oz. of meat*)
- Tennis ball (*represent a half a cup of fruit*)
- 8 oz. liquid measuring cup
- *Eating Smart • Being Active* dry measuring cup set
- *Eating Smart • Being Active* measuring spoon set (*these can be used for participants to estimate amounts of butter, salad dressing, gravy, salt, etc. they put on their food*)
- Plates – 1 for each participant (*these can be used to help participants look at the amount of food on the size of plate they ate from; it may be easier for them to estimate the amount with the correct plate size; the 6-inch and 10-inch plates may also be used to demonstrate the two main sizes of tortillas*)
 - 6"
 - 7 ½"
 - 9"
 - 10"
- Plastic cups, 1 for each participant (*used to estimate the volume of beverages participants may have consumed*):
 - 3-4 oz.
 - 5-6 oz.
 - 8-10 oz.
 - 12 oz.
 - 16 oz.
 - 20-24 oz.
 - 32-36 oz.

- Plastic bowls – 1 for each participant:
 - 12 oz.
 - 20 oz.
- 12" plastic ruler (*this can be used to determine the length of foods such as sandwiches, burrito, hot dogs, etc; the height of foods such as burgers, thickness of bread, thickness of steaks, etc.; the diameter of foods such as pieces of fruit, pies, cookies, cakes, etc.*)
- 3 dominoes in small plastic bag to represent 1 ½ oz cheese (*1 domino = ½ oz of cheese*)
- 3 cup plastic storage container with 3 cups uncooked rice
- 3 cup plastic storage container with 3 cups uncooked beans
 - *Note: Use the uncooked rice and beans to allow participants to estimate the amount of a food they ate (it doesn't have to be rice and beans). Then use measuring cups to measure the exact amount of the food they estimated. The rice can be used to measure more dense foods such as mashed potatoes and oatmeal. The beans may be used for foods that are loosely packed, such as cereal or vegetables.*

Examples of portion sizes: Three, 12" circles of nylon net with ¼ cup, ½ cup, and 1 cup of uncooked beans in the netting. Gather the net into a pouch, and secure top with rubber band. Use 3 different colors to help distinguish between portion sizes.

Instructions:

- 1) Print, cut, label, and laminate the food shapes.
- 2) Purchase all of the other materials listed in the kit, and assemble it.