

Suggested Items for 24-hour Food Recall Kit

This is used in lessons 1 and 8.

Note: Educators may already have kits to use for 24-hour food recalls

Items that are useful to assist participants in estimating amounts for conducting 24-hour recalls are listed below. Too many items can be distracting.

Assemble your kit that:

- 1) best meets the needs of the groups that will be taught
- 2) permits you to collect the best quality data and estimates of food group equivalents

Dry measuring cup set
Measuring spoon set

Beverage “glass” 4 ounces
Beverage “glass” 8 ounces
Beverage “glass” standard household size 16 ounces

One half or one cup equivalent of any vegetable

Deck of cards (This represents 3 ounces of meat.)
Meat food models (1 or 2) are helpful: roast beef or hamburger, or piece of fish or chicken

Tennis ball (This represents 1/2 cup of fruit.)

Plastic bowls including 1 cup, 2 cup and 3 cup volume for foods such as cereals, soups, noodles, labeled A, B and C

Plastic ruler, 12 inch (This can be used to determine the length of foods such as a burrito or sub sandwich.)

Cardboard or paper, 6” and 12” circles to represent tortilla size