

Interview Process

The 24-hour dietary recall component of the CCHS 2.2, is composed of five steps. Each step was designed to help keep respondents interested and engaged in the interview process, and to help them remember all the foods and beverages they consumed during the previous 24-hour period, from midnight to midnight. Details of this five-step interview consist of:

1. **Quick List:** The Quick List step is designed to get a quick collection of easily remembered foods, including snacks and water. In this step, respondent reports a listing of all foods and beverages consumed in a 24-hour period during the day before the interview in any order he/she wishes (without being interrupted by the interviewer). That is, the respondent is free of the burden of reporting the foods in a chronological order, so his/her mind can be free to reflect on the foods actually eaten.
2. **Forgotten Foods:** This step is designed to collect foods that may have been forgotten during the "Quick List" step. The respondent answers a series of questions probing for forgotten foods from nine categories: non-alcoholic beverages, alcoholic beverages, sweets, savoury snacks, fruits, vegetables, cheese, breads and rolls, and any other types of foods.
3. **Time and Occasion:** The respondent reports the time he/she began eating or drinking each of the reported foods and what he/she would call the eating occasion (e.g. breakfast, lunch) - as defined by the respondent - for this food. These questions are designed to help the respondent remember and report his/her eating patterns over the past 24-hour period, as well as to group together the foods eaten at the same time.
4. **Detail Cycle:** This step is reserved for more difficult and detail oriented questions, carefully executed by the interviewer after having developed a rapport. The respondent answers standardized questions to probe for detailed information about each food and beverage reported in the Quick List step. The questions include probes for: food descriptions, food amounts, additions to the foods, and preparation methods. A "*Food Model Booklet*" is used as the main measuring guide to help the respondent describe the size or amount of the food consumed. The booklet contains pictures of various sizes of glasses, mugs, bowls, mounds/pats/spreads, and circles. In addition, it includes a grid, two wedges, and a page of shapes and chicken pieces. Reviews of eating occasions and times between occasions are included in this step to elicit forgotten foods. Once information about the eating occasion is complete, then the respondent is asked where the meal was prepared.
5. **Final Review:** A final probe is administered to collect additional foods that may have been consumed, but not remembered or mentioned earlier during the interview.