Tool: Situational Eating – 24 Hour Non-Quantitative Recall Interview Guide

Purpose: This tool was developed to understand how food choices change in different eating situations.


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Participant #:
Interviewer:
Date range:
Time:

PASS 1
I’d like you to tell me everything you had to eat and drink all day yesterday from midnight to midnight. Include everything you ate and drank at home and away.
PROBES: Anything else? And after that? Did you have anything to drink with that?

PASS 2
Now I’m going to ask you for more detail about the foods and beverages you just listed. When you remember anything else you at or drank as we go along, please tell me.

EATING SITUATION DETAILS
1. Can you give me as much detail as possible about [EATING EVENT IN PARTICIPANTS WORDS]? PROBES:
   a. At what **time** did you begin to (eat/drink) the (FOOD)?
   b. **How much time** did you have to eat?
   c. **Where** did you eat this food?
   d. **Who** was there? Anyone else?
   e. **What** were these other people doing? Where they eating? IF YES: Where they eating the same food?
   f. **How** did you decide to eat that?
   g. Where did the **food come from**? [SKIP THIS QUESTION FOR FOODS EATEN IN A RESTAURANT]
h. Who made the **decision** to buy it? Or Who made the decision to go to this restaurant?
i. Who **prepared** the food?  [SKIP THIS QUESTION FOR RESTAURANT FOODS]
j. How were you **feeling** at that time?
k. What is most **important** to you in this situation? What are your **priorities** in this situation? 
   PROBE: What about the food was important?
l. Are there ever any **problems/frustrations/difficulties** with these types of eating situations?
m. What were you **doing** while eating that? PROBES: tv, phone, reading, computer, cooking etc.
n. Was this eating situation typical for you? Is it usually this way?
   OPTIONAL PROBES:
   1. Who would you usually eat with at this time?
   2. Who else would you like to eat with?
   3. Who usually decides how/ what you will eat?
REPEAT PASS 2 FOR EATING SITUATION PRESENTED UNTIL THE ENTIRE DAY IS COVERED.

2. Were there times yesterday when you were sitting/ talking with other people who were eating but did not eat with them?

3. Sometimes meals or eating get disrupted by daily activities and events at home or at work. Were any of your meals or snacks affected yesterday because of something like this? What caused the disruption? How was your eating disrupted?

4. How did the way you ate yesterday work from your perspective? Did the way you ate yesterday go as planned or as you expected?

5. Is there anything else that I should know that I did not ask that would help me understand your eating yesterday?