**Recording Meals Form**

 for assessing **children’s** dietary diversity

**Name of the respondent**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Name of the child**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Q1**: *Did* [child’s name] *eat and drink anything yesterday?* [if YES, proceed to next question]

**Q2**: *Can you please tell me exactly what [*child’s name] *ate and drank ….?* [check all options below]

**Always ask what different ingredients the meal or drink contained!** (e.g. porridge with or without milk)

|  |  |
| --- | --- |
| *… before breakfast?* |  |
| *… for breakfast?* |  |
| *… between breakfast and lunch?* |  |
| *… for lunch?* |  |
| *… between lunch and dinner?* |  |
| *… for dinner?* |  |
| *… after dinner?* |  |
| *During the last day or night, did [child’s name] eat any fruit, vegetables or snacks which you did not mention?*  | If yes, specify: ………………………………………………….. |