



OSU EXTENSION
**COMMUNITY NUTRITION
EDUCATION PROGRAMS**

The 24-Hour Food Recall Learning Package
An Essential Tool in Nutrition Education

Oklahoma Cooperative Extension Service - Community Nutrition Education Programs (CNEP), developed this learning package to train nutrition education assistants (NEAs). It includes a facilitator's guide, a video and an oversized resource visual guide. The visual guide is sold separately.

The training package utilizes the USDA 5-Step Multiple Pass Method and provides guidance on conducting recalls with groups, setting goals, and other skills to ensure an accurate dietary recall. Developed with the training needs of nutrition educators in mind, the hands-on activities and discussion topics are effective with all adult learners. This is an excellent training resource for all facilities and professionals that rely on accurate dietary recalls to meet their objectives.

This package has been well received by the nutrition education community in Oklahoma and across the nation, confirming CNEP is helping NEAs improve their skills as nutrition educators. It has garnered a "thumbs up" review by the Journal of Nutrition Education.

Sheik B, Brown B, Nielsen N, O'Hara U. Oklahoma State University, Oklahoma Cooperative Extension Service, 2010

24-Hour Food Recall Oversized Resource: 10-page laminated and bound booklet includes instructions for staff use and actual-size images of portions participants may be familiar with. The resource accompanies data collection tool, "What Did You Eat", and is used to help nutrition education participants estimate portion sizes and is to be included in the 24-hour dietary food recall kit.

Sheik B, O'Hara U, Johnson T. Oklahoma State University, Oklahoma Cooperative Extension Service, 2010

Send, fax or phone orders to:

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Questions concerning the learning package? Call 405.744.6283

LEARNING PACKAGE ORDER FORM

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24-Hour Food Recall DVD (2010)		\$30	
24-Hour Food Recall USB Flashdrive (2010)		\$40	
24- Hour Food Recall Oversized Resources		\$20	
<i>Prices include shipping within the continental United States.</i>			

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