

## Cooking Diary Instructions

Thank you for participating in this research. These diary forms will help you record important details about your household's cooking habits so that you can provide accurate answers to the next survey we send you. Please read these instructions completely before you begin recording cooking activity for your assigned day and time period. Most of the form is self-explanatory, but here are a few things to keep in mind:

- Keep the forms in the kitchen the entire assigned 12-hour period of the assigned day, with a pen/pencil. Please record any cooking activities that **begin** during the assigned 12-hour period, regardless of when the cooking is finished. For example, if you were assigned to the AM hours, and you begin cooking a meal at 11:59 AM or before that, please record all your cooking for that meal, even though some of the actual cooking may occur after 11:59 AM.
- Use a separate diary page for each meal or baking activity occurring on the assigned day during the assigned 12-hour period. If you and/or those in your household prepare meals or bake more than 2 times during the assigned time period, just fill out diary pages for the first 2 meals/baking during the assigned time.
  - Please don't use a diary page to record other small non-meal or non-baking cooking activities (such as heating/reheating beverages or snacks, or making popcorn). Instead, please list on the back of a diary page how many times during the assigned time period that household members performed these tasks, including what appliance was used.
- We apologize for the small space available for you to write on in some parts of the form; our goal was to minimize the number of pages you would need to print. If you need more writing space, feel free to use notepaper, just be sure to answer all questions on the form for each cooking activity.
- If someone else in your household cooks during the 12-hour assigned time period, please have them fill out a diary page for their cooking, or fill it out for them.
- Please list the foods cooked in terms of key ingredient(s) and/or overall type of food, e.g., scrambled eggs, roast chicken, soup, etc.
  - It is very important that you try to estimate the weight or volume of the foods, or record the number of pieces for foods like bacon, cut up chicken, whole potatoes, etc.
- Ignore any appliances or appliance features on the diary form that don't apply to your household.
- **Appliance settings:**
  - For ovens, record the temperature setting
  - For microwaves, record the actual setting used (e.g., "Popcorn" button, defrost setting, or numeric power level, etc.)
  - For all other appliances, please describe the settings as: Low, Medium Low, Medium, Medium High, or High
  - If appliance settings are changed during cooking, please record each different setting used

**Cooking Diary Page 1**

**Circle Assigned Day of Week:** M T W TH F SA SU    **Check Box for Assigned Time of Day:**  midnight to 11:59 AM     noon to 11:59 PM

<b>First meal preparation or baking</b>	<b>Appliances used</b> <i>For each appliance used, check the box and fill in the other questions for that appliance</i> <i>Please include the weight (ounces/pounds) or volume (cups) of the foods prepared on/in each appliance</i>	<b>Cookware/ bakeware used</b>	<b>Cooking task(s) performed</b>
<b>Time began cooking:</b> (hh:mm) _____  <b>Time done cooking:</b> (hh:mm) _____  <b># of people cooking for?</b> _____	<input type="checkbox"/> <b>Oven 1:</b> Temperature Setting(s) _____ Preheated oven? Yes No Minutes preheated _____ Total minutes oven on _____ Was a rack in middle of oven? Yes No # of racks <u>above</u> middle of oven? _____ # of racks <u>below</u> middle of oven? _____ Used convection? Yes No Food(s) cooked: _____	<i>Check all that apply for each appliance used</i>  <b>Oven</b> <input type="checkbox"/> Baking pan, rectangular <input type="checkbox"/> Baking pan, square <input type="checkbox"/> Broiling pan <input type="checkbox"/> Cake pan <input type="checkbox"/> Cookie sheet <input type="checkbox"/> Casserole dish <input type="checkbox"/> Jelly roll pan <input type="checkbox"/> Lasagna pan <input type="checkbox"/> Loaf pan <input type="checkbox"/> Muffin/cupcake pan <input type="checkbox"/> Pie or tart plate/pan <input type="checkbox"/> Pizza pan or stone <input type="checkbox"/> Ramekins/custard cups <input type="checkbox"/> Roasting pan <input type="checkbox"/> Other _____	<b>Oven</b> <input type="checkbox"/> Bake <input type="checkbox"/> Broil <input type="checkbox"/> Defrost <input type="checkbox"/> Grill <input type="checkbox"/> Roast <input type="checkbox"/> Steam <input type="checkbox"/> Toast <input type="checkbox"/> Warm/heat <input type="checkbox"/> Reheat <input type="checkbox"/> Other _____
	<input type="checkbox"/> <b>Oven 2:</b> Temperature Setting(s) _____ Preheated oven? Yes No Minutes preheated _____ Total minutes oven on _____ Was a rack in middle of oven? Yes No # of racks <u>above</u> middle of oven? _____ # of racks <u>below</u> middle of oven? _____ Used convection? Yes No Food(s) cooked: _____		
	<input type="checkbox"/> <b>Oven 3:</b> Temperature Setting(s) _____ Preheated oven? Yes No Minutes preheated _____ Total minutes oven on _____ Was a rack in middle of oven? Yes No # of racks <u>above</u> middle of oven? _____ # of racks <u>below</u> middle of oven? _____ Used convection? Yes No Food(s) cooked: _____		
	<input type="checkbox"/> <b>Cooktop/stovetop:</b> Please record information for each burner used. For gas burner size please indicate small, medium or large. For electric burner sizes, small = 6 inches or less, medium = 7-8 inches, large = 9 inches or more. For pan size, if the pan used is the same size as the burner don't circle anything; otherwise indicate if the pan is larger or smaller than the burner.		
	<b>1st Burner</b> Burner size: Large Medium Small Pan size: Larger Smaller 1st setting used _____ Minutes on _____ Food(s) Cooked: _____ 2nd setting used _____ Minutes on _____ _____ 3rd setting used _____ Minutes on _____	<b>Cooktop/stovetop</b> <input type="checkbox"/> Double boiler <input type="checkbox"/> Dutch oven <input type="checkbox"/> Griddle <input type="checkbox"/> Pressure cooker <input type="checkbox"/> Saucepan <input type="checkbox"/> Sauté pan <input type="checkbox"/> Skillet/frying pan <input type="checkbox"/> Stockpot <input type="checkbox"/> Tea kettle <input type="checkbox"/> Wok or stir fry pan <input type="checkbox"/> Other _____	<b>Cooktop/ Stovetop</b> <input type="checkbox"/> Boil <input type="checkbox"/> Brown <input type="checkbox"/> Fry <input type="checkbox"/> Sauté <input type="checkbox"/> Simmer <input type="checkbox"/> Steam <input type="checkbox"/> Warm/heat <input type="checkbox"/> Reheat <input type="checkbox"/> Other _____
	<b>2nd Burner</b> Burner size: Large Medium Small Pan size: Larger Smaller 1st setting used _____ Minutes on _____ Food(s) Cooked: _____ 2nd setting used _____ Minutes on _____ _____ 3rd setting used _____ Minutes on _____		
	<b>3rd Burner</b> Burner size: Large Medium Small Pan size: Larger Smaller 1st setting used _____ Minutes on _____ Food(s) Cooked: _____ 2nd setting used _____ Minutes on _____ _____ 3rd setting used _____ Minutes on _____		
	<b>4th Burner</b> Burner size: Large Medium Small Pan size: Larger Smaller 1st setting used _____ Minutes on _____ Food(s) Cooked: _____ 2nd setting used _____ Minutes on _____ _____ 3rd setting used _____ Minutes on _____		
	<b>5th Burner</b> Burner size: Large Medium Small Pan size: Larger Smaller 1st setting used _____ Minutes on _____ Food(s) Cooked: _____ 2nd setting used _____ Minutes on _____ _____ 3rd setting used _____ Minutes on _____		
	<b>6th Burner</b> Burner size: Large Medium Small Pan size: Larger Smaller 1st setting used _____ Minutes on _____ Food(s) Cooked: _____ 2nd setting used _____ Minutes on _____ _____ 3rd setting used _____ Minutes on _____		
	<input type="checkbox"/> <b>Microwave:</b> <b>1st usage:</b> Setting(s) _____ Total time on: _____ minutes _____ seconds Food(s) cooked: _____ Used convection? Yes No Convection temp _____ Convection minutes on _____	<b>Microwave</b> <input type="checkbox"/> Nothing/no container <input type="checkbox"/> Baking dish, square <input type="checkbox"/> Baking dish, rectangular <input type="checkbox"/> Casserole dish <input type="checkbox"/> Cup/Mug/Drinking Glass <input type="checkbox"/> Food storage container <input type="checkbox"/> Packaging the food came in <input type="checkbox"/> Paper plate or paper towel <input type="checkbox"/> Serving plate or bowl <input type="checkbox"/> Other _____	<b>Microwave</b> <input type="checkbox"/> Bake <input type="checkbox"/> Boil <input type="checkbox"/> Defrost <input type="checkbox"/> Fry <input type="checkbox"/> Simmer <input type="checkbox"/> Steam <input type="checkbox"/> Warm/heat <input type="checkbox"/> Reheat <input type="checkbox"/> Other _____
	<b>2nd usage:</b> Setting(s) _____ Total time on: _____ minutes _____ seconds Food(s) cooked: _____ Used convection? Yes No Convection temp _____ Convection minutes on _____		
	<input type="checkbox"/> <b>Ventilation:</b> Used any ventilation (vent hood, over the range microwave fan, downdraft ventilation, etc.)? Yes No		
	<input type="checkbox"/> <b>Outdoor grill:</b> Type(s) used: Gas Charcoal Total minutes grill on _____ Gas grill setting(s) used _____ Foods cooked on grill _____		

**Cooking Diary Page 2**

**Second meal preparation or baking**

**Appliances used**

For each appliance used, check the box and fill in the other questions for that appliance  
Please include the weight (ounces/pounds) or volume (cups) of the foods prepared on/in each appliance

**Cookware/  
bakeware used**

**Cooking task(s)  
performed**

Check all that apply for each appliance used

Time began cooking:  
(hh:mm)\_\_\_\_\_

Time done cooking:  
(hh:mm)\_\_\_\_\_

# of people cooking for? \_\_\_\_\_

- Oven 1:** Temperature Setting(s) \_\_\_\_\_ Preheated oven? Yes No Minutes preheated \_\_\_\_\_ Total minutes oven on \_\_\_\_\_  
Was a rack in middle of oven? Yes No # of racks above middle of oven? \_\_\_\_\_ # of racks below middle of oven? \_\_\_\_\_  
Used convection? Yes No Food(s) cooked: \_\_\_\_\_
- Oven 2:** Temperature Setting(s) \_\_\_\_\_ Preheated oven? Yes No Minutes preheated \_\_\_\_\_ Total minutes oven on \_\_\_\_\_  
Was a rack in middle of oven? Yes No # of racks above middle of oven? \_\_\_\_\_ # of racks below middle of oven? \_\_\_\_\_  
Used convection? Yes No Food(s) cooked: \_\_\_\_\_
- Oven 3:** Temperature Setting(s) \_\_\_\_\_ Preheated oven? Yes No Minutes preheated \_\_\_\_\_ Total minutes oven on \_\_\_\_\_  
Was a rack in middle of oven? Yes No # of racks above middle of oven? \_\_\_\_\_ # of racks below middle of oven? \_\_\_\_\_  
Used convection? Yes No Food(s) cooked: \_\_\_\_\_
- Cooktop/stovetop:** Please record information for each burner used. For gas burner size please indicate small, medium or large. For electric burner sizes, small = 6 inches or less, medium = 7-8 inches, large = 9 inches or more. For pan size, if the pan used is the same size as the burner don't circle anything; otherwise indicate if the pan is larger or smaller than the burner.

<b>1st Burner</b>	Burner size: Large Medium Small	Pan size: Larger Smaller	1st setting used _____	Minutes on _____
	Food(s) Cooked: _____		2nd setting used _____	Minutes on _____
			3rd setting used _____	Minutes on _____
<b>2nd Burner</b>	Burner size: Large Medium Small	Pan size: Larger Smaller	1st setting used _____	Minutes on _____
	Food(s) Cooked: _____		2nd setting used _____	Minutes on _____
			3rd setting used _____	Minutes on _____
<b>3rd Burner</b>	Burner size: Large Medium Small	Pan size: Larger Smaller	1st setting used _____	Minutes on _____
	Food(s) Cooked: _____		2nd setting used _____	Minutes on _____
			3rd setting used _____	Minutes on _____
<b>4th Burner</b>	Burner size: Large Medium Small	Pan size: Larger Smaller	1st setting used _____	Minutes on _____
	Food(s) Cooked: _____		2nd setting used _____	Minutes on _____
			3rd setting used _____	Minutes on _____
<b>5th Burner</b>	Burner size: Large Medium Small	Pan size: Larger Smaller	1st setting used _____	Minutes on _____
	Food(s) Cooked: _____		2nd setting used _____	Minutes on _____
			3rd setting used _____	Minutes on _____
<b>6th Burner</b>	Burner size: Large Medium Small	Pan size: Larger Smaller	1st setting used _____	Minutes on _____
	Food(s) Cooked: _____		2nd setting used _____	Minutes on _____
			3rd setting used _____	Minutes on _____

- Microwave:**  
1st usage: Setting(s) \_\_\_\_\_ Total time on: \_\_\_\_\_ minutes \_\_\_\_\_ seconds Food(s) cooked: \_\_\_\_\_  
Used convection? Yes No Convection temp \_\_\_\_\_ Convection minutes on \_\_\_\_\_
- 2nd usage: Setting(s) \_\_\_\_\_ Total time on: \_\_\_\_\_ minutes \_\_\_\_\_ seconds Food(s) cooked: \_\_\_\_\_  
Used convection? Yes No Convection temp \_\_\_\_\_ Convection minutes on \_\_\_\_\_
- Ventilation:** Used any ventilation (vent hood, over the range microwave fan, downdraft ventilation, etc.)? Yes No
- Outdoor grill:**  
Type(s) used: Gas Charcoal Total minutes grill on \_\_\_\_\_ Gas grill setting(s) used \_\_\_\_\_  
Foods cooked on grill \_\_\_\_\_

- Oven**
- Baking pan, rectangular
  - Baking pan, square
  - Broiling pan
  - Cake pan
  - Cookie sheet
  - Casserole dish
  - Jelly roll pan
  - Lasagna pan
  - Loaf pan
  - Muffin/cupcake pan
  - Pie or tart plate/pan
  - Pizza pan or stone
  - Ramekins/custard cups
  - Roasting pan
  - \_\_\_\_\_
  - Other \_\_\_\_\_

- Cooktop/stovetop**
- Double boiler
  - Dutch oven
  - Griddle
  - Pressure cooker
  - Saucepan
  - Saute pan
  - Skillet/frying pan
  - Stockpot
  - Tea kettle
  - Wok or stir fry pan
  - Other \_\_\_\_\_

- Microwave**
- Nothing/no container
  - Baking dish, square
  - Baking dish, rectangular
  - Casserole dish
  - Cup/Mug/Drinking Glass
  - Food storage container
  - Packaging the food came in
  - Paper plate or paper towel
  - Serving plate or bowl
  - Other \_\_\_\_\_

- Oven**
- Bake
  - Broil
  - Defrost
  - Grill
  - Roast
  - Steam
  - Toast
  - Warm/heat
  - Reheat
  - Other \_\_\_\_\_

- Cooktop/  
Stovetop**
- Boil
  - Brown
  - Fry
  - Saute
  - Simmer
  - Steam
  - Warm/heat
  - Reheat
  - Other \_\_\_\_\_

- Microwave**
- Bake
  - Boil
  - Defrost
  - Fry
  - Simmer
  - Steam
  - Warm/heat
  - Reheat
  - Other \_\_\_\_\_