

Case Study

PART I: Individual Assessment and Intake Inventory

Before you begin, be sure you have completely read the *Instructions and Grading Rubric* document. Use this form to record the information you collect during the interview. Submit this form (in hard copy or scanned and added to the Brightspace submission folder) along with Parts II and III. Please note: you may not interview a family member with whom you live and/or regularly share meals.

I interviewed P. A. (initials only) on 01/25/20 (date).

This person is my neighbor (relationship to you: i.e., friend, coworker, classmate, neighbor, etc.)

DIET/MEAL INFORMATION:

Does the person follow any special diet or have diet restrictions or limitations for any reason? (For instance: health, cultural, religious, personal preference, etc.) ☒ Yes ☐ No

If so, describe: P. A. states to have a hypertension. He is restricted in salt consumption.

Who does the grocery shopping? Partly "me" and "my wife".

Who prepares the majority of the meals? Wife

How is food usually prepared? (For instance, microwave, fry, oven-bake, etc.) Most times food are cooked and sometimes oven-bake, microwave, and fried.

INTAKE INFORMATION:

What are the nutrition/eating habits that are the most challenging? Eating of fruit, vegetables, proteinaceous food like beans, and preparing of soup.

What are the nutrition/eating habits that the person is most pleased with? Eating of fruits, carbohydrates, and meat, and pizza.

Is there anything about their eating habits or nutrition that they would like to change? _____

Eating less of carbohydrates, reduce the quantity of oil, and sugar consumption.

Beverage Intake: Ask about the types of beverages the person drinks, both with meals and throughout the day. Ask about water intake. 2 cups of coffee daily, a can of coke, ~~3 bottles~~ about 3 bottles of water daily, a glass of milk, and a bottle of beer every other day.

Food Intake: Ask about the frequency with which the person eats the following food.

How often do you eat:	Never	2-3x/mo.	Once/wk.	2-3x/wk.	Once/day	2-3x/day
Fast food			☒		☒	
"Other" restaurant food			☒			
Vending machine food (candy, snacks, etc.)					☒	☒
Home-cooked meals (stove/oven used to prepare)					☒	
Beef (hamburger, steak, etc.)		☒				
Pork (chop, loin, ham, bacon, etc.)		☒				
Poultry (chicken, turkey, etc.)						☒
Deli meat (salami, ham, turkey, etc.)					☒	
Fish					☒	
Legumes (chickpeas, beans, peas, lentils, etc.)				☒		
Crackers		☒				
Cookies, cakes, muffins		☒				
Fresh/Raw Vegetables, fresh/raw			☒			
Vegetables, cooked					☒	
Vegetables, canned		☒				
Fruit, fresh or frozen					☒	
Fruit, canned		☒				
Margarine		☒				
Dairy (Milk, yogurt, cheese, butter)			☒	☒		
Whole grains (brown rice, whole wheat bread, oats)				☒		
French fries		☒				
Fried meat (chicken, fish)			☒			
Foods to which you add sugar				☒		
Artificial sweeteners (NutraSweet, Splenda, etc.)	☒					

Additional questions to ask the person you are interviewing:

What are some of your favorite food routines & traditions? Eating of Jollof rice, Fufu with traditional soup, and beans.

What is a typical breakfast for you? Coffee, slice of bread with scrambled egg.

What is a typical lunch? A plate of pasta, fruits, sometimes with vegetables

What is your favorite dinner? Fufu with traditional soup.

If you eat out, where do you like to go? African restaurants

When you're thirsty, what kind of drink do you reach for? Water, sometimes a can of Coke

When you're hungry between meals, what is your "go-to" snack? Potato chips, apple fruit, ice cream or muffin

Come up with at least one question of your own:

Q: Other than drinking a can of coke daily, which other beverages do you consume?

A: Apple juice, lemonade, and energy drink.

Notes

P.A. is a 40 years old ^{male} that leaves with his family. Based on his chart, he consumes more of starchy foods and more of sugary drinks. P.A. started that he doesn't pay more attention about his diet, but he think that he eats a balance diet.

Eating Style: Ask the person if any of these descriptors apply to them, based on how they eat on a *regular* basis.

- Fast Eater
- Family member(s) have different tastes
- Erratic eater
- Rely on convenience items
- Love to eat
- Struggle with eating issues
- Eat too much
- Confused about food/nutrition
- Eat because I have to
- Poor snack choices
- Time constraints
- Negative relationship with food
- Dislike "healthy" food
- Emotional eater (stressed, bored, sad, etc.)
- Late-night eater
- Frequently eat fast food
- Do not plan meals/menus
- Prefer fried foods/salty/sweet food