

Integrating Gender and Nutrition within Agricultural Extension Services

Activity Sheet
August 2016

Iron Needs for Female Adolescents

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Target Audience:

Adolescent Females
(12-19 years old)

Time:

55 minutes

Materials Needed:

- Cards of food that are high in iron
- 50 small pictures of food items (for group activity; there can be repeats of food items)
- Bowls (at least 5 for the different groups)

References:

¹ Eat a variety of foods for Protection, Energy and Body Building to be healthy and well. (Zimbabwe, FAO 2015)

² Smolin L, Grosvenor M. *Nutrition Science and Applications*, 4th ed. John Wiley & Sons Inc., 2016.



Lentils <http://bit.ly/2dPhayv>

Introduction

Iron is critical for adolescent (ages 12-19 years) females for their red blood cells and to reduce illness. The purpose of the “Iron Needs for Female Adolescents” activity sheet is to encourage participants to consume iron on a daily basis.

Objectives

At the end of the session, the participants will be able to:

1. Recognize the foods that are high in iron
2. Explain the importance of consuming iron
3. Recognize the signs if one does not consume enough iron
4. Create meals that contain high iron foods

Guide

Use the information below to explain to participants the importance of consuming iron on a daily basis, foods high in iron, and signs if one does not consume enough iron:

Importance of Iron^{1, 2}:

- Growth and development
- Red blood cell production
- Provides oxygen to muscles (helps them breathe)

Foods High in Iron^{1, 2}:

To obtain the amount of iron on a daily basis, be sure to include at least 4 of these foods every day:

- Fortified Cereals
- Dark, leafy greens
- Lentils, Chickpeas, Soybeans
- Beef, Liver
- Pumpkin seeds, Sesame seeds

Signs one is not Eating Enough Iron²:

- Tired all the time
- Short of breath when doing moderate activity
- Not able to concentrate/think
- Hair loss

Active Learning Exercise

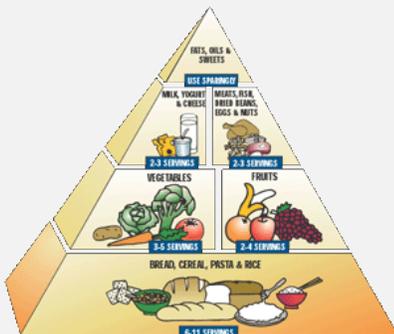
1) Prompt and awareness.

- Ask participants to raise their hands if they know the importance of eating iron on a daily basis. (~1 minute)
- Explain to participants the importance of consuming iron on a daily basis (objective 1). (~5 minutes)
- Ask participants to raise their hands if they know the signs if someone is not eating enough iron. (~1 minute)
- Explain to participants the signs if someone is not eating enough iron on a daily basis. (~5 minutes)
- Prior to teaching participants about the foods high in iron and how many to eat throughout the day, ask them to raise their hands if they know the foods high in iron and the amounts to eat every day. (~3 minutes)
- Place pictures of foods high in iron on the board (objective 2). (~5 minutes)

- Group activity:** Create meals that have at least 1 food high in iron. Participants will make meals that have at least 1 food high in iron and includes different food groups following instructions.
 - Arrange groups of no more than 4 people and provide them with a bowl. Each group makes 1 meal (breakfast, lunch, or dinner). (~5 minutes)
 - Using small pictures of food items, have each group create a meal that incorporates at least 1 food high in iron and various food groups (objective 3). (~10 minutes)
 - Elect one group member to discuss the meal they created. Ask them if they would eat these meals and the foods high in iron. If yes, why (they should explain the importance of iron). If no, then why not (maybe they will explain barriers to eating foods high in iron on a daily basis). (~10 minutes)
- Take home and conclusion.** End the session with asking the participants to explain the importance of iron, the signs if someone is not eating enough iron, and the foods high in iron (objectives 1-3). (~10 minutes)



Iron Rich Leafy Greens
<http://huff.to/1EpL70H>



Food pyramid with iron in various food groups.
<http://bit.ly/2eOV25c>