

Lesson Three - Healthy food helps protect you from lead poisoning!

Objectives: At the end of this lesson students will be able to

- Identify Calcium and Iron as good minerals.

Suggested Materials

- Coloring sheet with different Healthy foods
- Crayons
- Healthy recipes to send home

Activity 1: Discuss nutrition and why it is important for the body and preventing lead poisoning.

Alternative activity is to have children view the Sesame Street Video found at <http://www.sesameworkshop.org/initiatives/health/lead>

Time: 15 minutes

Procedure: Sit children in a circle for discussion on good nutrition. The focus will be on Calcium and Iron.

Calcium - Calcium helps make teeth and bones grow strong. Foods high in calcium help keep lead from being absorbed by the body.

Examples:

- milk, yogurt, tofu, cheese – cheddar, American, ricotta
- foods made with milk – pudding, macaroni & cheese, pizza, cream soup
- green leafy vegetables – collards, spinach, kale, mustard greens, broccoli

Iron - Iron is metal that is good for the body because it helps our blood give us energy to grow and play.

Foods high in iron help keep lead from being absorbed by the body.

Examples:

- | | |
|---|---|
| • lean meats - beef, chicken, pork, goat | • beans – kidney, black |
| • fish – sardines, tuna | • peanut butter |
| • cereals - Cream of Wheat, cereal with added iron, Infant cereal with added iron | • dried fruits – raisins, dates, prunes |

Vitamin C – Helps Iron work better when we eat foods high in vitamin C.

Examples:

- Oranges
- green peppers
- grapefruit
- tomatoes
- mangos
- juices – orange, grapefruit, tomato

Activity 2: Identify food activity game, circle and color food activity.

Time: 20 minutes

Procedure: Students will identify foods high in calcium iron. On activity sheet, circle and color foods that were previously identified to have calcium and iron.

Activity 3: Evaluation

Time: 5 minutes

Procedure: Facilitator will review materials with a question and answer period.

Question: What is Iron?

Answer: Iron is a good Metal/mineral, needed by the body.

Question: Why do we need Iron in our bodies?

Answer: Because it helps our blood give us energy to grow and play. It also helps to block lead from staying in our body, reaching the muscles and bones.

Question: What kinds of food have lots of Iron?

Answer: Red meat, spinach, raisins, and turkey are some of these foods.

Question: Who can help us to plan a healthy menu?

Answer: Nutritionists, Registered dieticians and nurses.

Parent Sample Letter

Dear Parent/Caregiver:

Today in class your child learned about the importance of good nutrition and to identify foods that are good sources of calcium and iron. A healthy diet can actually make a difference in whether lead found in the environment makes its way to your child's bones and muscles. One important nutrient is IRON. Eating foods that contain IRON every day is one way to fight against lead poisoning. IRON is present naturally in many foods:

- Lean Red meat, pork, turkey, egg yolks
- Whole grains, dried beans, raisins and prunes
- Tuna, shellfish

Iron is also added to many ready – to-eat cereal and grain products like spaghetti and macaroni. Read the label to see if the food is a good source of Iron.

Calcium is present naturally in many foods:

- milk, yogurt, tofu, cheese – cheddar, American, ricotta
- foods made with milk – pudding, macaroni & cheese, pizza, cream soup
- green leafy vegetables – collards, spinach, kale, mustard greens, broccoli

Ask your child to tell you about the lessons and activity/games that he/she participated in.

We are sending home some recipe ideas. Perhaps your family would enjoy preparing and eating some of these foods.

Sincerely,

Suggested handouts:

- “Nutrition and Children” at www.mass.gov/dph/clppp , click on “Educational Materials”
- Local WIC information/nutritionist/school nurse