

Curriculum: Low Hemoglobin / Anemia

Objective: Know the importance of iron-rich foods, especially in children's growth. Participants in class will be able to name 2 iron-rich foods.

Materials: Class script, high iron foods handout, recipe cards, food for cooking demo (corn tortillas, black beans, corn, cilantro, lime juice, scallion, red onion, vegetable oil, cumin, salt, pepper, tomatoes), baking sheet, bowl, spoon, knife, cutting board

- Introductions: ask people to introduce themselves and say either something that they know about anemia/low iron or something that they would like to know by the time the class is over.
- Anemia
 - Anemia is when there isn't enough iron in the blood. People at your doctor's office or health clinic may have also referred to "low hemoglobin", which is the lab test to find out if someone has anemia.
 - *Do you know any signs or symptoms of someone who has anemia?*
 - People who have anemia don't have much energy. Also pale skin, poor appetite, more infections, and short attention span.
 - Low iron is a common problem in women and children.
 - Children need increased iron to grow, however, they tend to be picky eaters.
 - Parents can promote certain habits in their children to promote healthy iron levels.
 - Children using a cup instead of a bottle at 1 year of age.
 - No more than 2 glasses of milk each day.
 - If a child or adult has anemia, your doctor can tell you if you either need to start taking an iron supplement or if it is enough to increase the amount of foods you eat that have a high iron content.
- Iron rich foods
 - *Can anyone name a food that has iron in it?*
 - Give iron-rich foods handout.
 - There are a lot of foods that have high iron content, and many of them are available on WIC.
 - You should choose 2-3 foods that are high in iron to eat every day.
 - Iron-rich cereals.
 - Meat – beef, pork, turkey
 - Beans – kidney, lima, black, navy, pinto and lentils
 - Fish
 - Eggs
 - Enriched bread
 - Spinach

- *Which iron-rich foods do you already eat? Which iron-rich foods are you willing to start eating?*
- Vitamin C foods
 - Pairing iron-foods with vitamin C foods can help the body use the iron better.
 - Strawberries
 - Oranges
 - Tomatoes
 - Potatoes
 - Broccoli
 - WIC Juices
 - *Which Vitamin C foods do you already eat? Which Vitamin C foods are you willing to start eating?*
- Too much tea/coffee can lower your body's ability to absorb iron.
- Activity: Cooking Demo: Black Bean Salsa with Homemade Tortilla Chips
 - Black beans are rich in iron and the tomatoes are rich in vitamin C, so the salsa is a good combination to lead to healthy iron levels.
 - Vegetables for the salsa should be cut before the demo starts, in case there is not time at the end.
 - Preheat oven to 400 degrees
 - Stack corn tortillas and use kitchen scissors to cut into 4 quarters.
 - Place the corn tortillas in a single layer, 1/4 inch apart on a cookie sheet.
 - Bake 8-12 minutes, until crispy and golden-brown.
 - Let cool 5-10 minutes to fully crisp.
 - While tortillas are cooking, make the salsa. Combine 1 can black beans, 1 can corn, 1/2 cup chopped cilantro, 1/4 cup chopped scallion, 1/4 cup chopped red onion, 1/3 cup lime juice, 3 tablespoons vegetable oil, 1 tablespoon cumin, salt and pepper, and 1/2 cup chopped tomatoes.