



Michigan WIC

Nutrition Education Module for State
Sharing

Iron for Strong, Healthy Blood

Self-Directed Education for Women and Parents and
Caregivers of Children and Infants



[WIC Works Image Gallery](#)

Michigan Department of Health and Human Services, WIC Program, Lansing, Michigan.

www.michigan.gov/wic January 2020.

This institution is an equal opportunity provider.

Michigan WIC Nutrition Education Lesson Plan

- I. Title:** *Iron for Strong, Healthy Blood*
- II. Target Group:** Pregnant, postpartum, breastfeeding women, and parents and caregivers of children and infants.
- III. Suggested MI-WIC NE Topic(s):** Breastfeeding: Nutrition, Medical: Iron Deficiency Anemia, Nutrition: Infant, Nutrition: Pregnant, Nutrition: Prenatal, Nutrition: Postpartum, Nutrition: Toddler/Preschool.
- IV. Learning Objectives:** Clients, parents, and/or caregivers will be able to:
- Identify one or more iron-rich foods to prepare and eat to have healthy blood.
 - Identify one or more ways to boost iron absorption.
- V. Learning Activities/Method:** Self-directed education
- VI. Materials Needed:**
Iron for Strong, Healthy Blood module includes:
- “Michigan WIC Nutrition Education Lesson Plan”
 - “Client Feedback Form”
 - “Client Feedback Form Key”
 - *Iron for Strong, Healthy Blood* bulletin board. Readability: 6th grade.
<https://getvisualz.com/collections/new-products/products/iron-for-strong-healthy-blood-bulletin-board-kit>
- Reinforcement Materials (optional):**
- *Iron Foods for Older Babies & Toddlers*. 2016. Nutrition Matters. Readability: 5th Grade.
 - *Iron for Moms and Kids*. 2016. Nutrition Matters. Readability: 5th Grade.
 - *Iron for Strong Blood*. 2015. Michigan Department of Health and Human Services. Readability: 4th Grade.
- VII. Equipment and Facilities Needed:** Poster board or bulletin board.
- VIII. Approximate Time:** 15-20 minutes
- IX. Outline of Content:**
1. Introduction: Each client, parent or caregiver will be welcomed by a WIC staff member who introduces himself/herself.
 2. The WIC Nutrition Educator/CPA/RD will discuss interests and health topics with the parent/caregiver and suggest relevant topics to address their nutritional needs.
 3. The WIC Nutrition Educator/CPA/RD will direct the client or parent/caregiver to read the bulletin board about *Iron for Strong, Healthy Blood*.

Factual Messages

- Iron-rich foods are needed for healthy blood and to prevent anemia. Iron carries oxygen throughout your body.
- Eating iron-rich foods can prevent iron deficiency anemia. Anemia can make you feel tired and grouchy; have problems concentrating; and cause you to get sick often.
- *Pregnant women only:* Your body makes more blood when your pregnant for you and your baby. Your health care provider may recommend taking an iron supplement.
- *Children only:* Low iron can affect your child’s learning, memory and behavior.
- Foods high in iron include meats like beef, chicken, turkey, pork, and fish. Some non-meat foods are also high in iron, such as beans, whole grain and enriched cereals, breads, pasta, tortillas, rice, and dark green vegetables.
- Other ways to boost iron absorption are:
 - Eat food rich in vitamin C with iron-rich foods like oranges, strawberries, cantaloupe, tomatoes, cabbage, broccoli, and 100% fruit juice with vitamin C.
 - Cook in cast iron pots and skillets.
 - Drink coffee and tea between meals.
 - Eat a little meat with meals.

X. Evaluation Methods and Materials:

1. The parent/caregiver will complete the “Client Feedback Form” and return it to WIC staff. The “Client Feedback Form” encourages parents/caregivers to think about and describe what they learned and what they plan to change or continue when preparing and eating iron-rich foods and boosting their iron absorption.
2. Staff can use the “Client Feedback Form Key” to identify the parent/caregiver(s) stage of change intent for follow up.
3. The client will be offered an opportunity to speak to a WIC Nutrition Educator/CPA/RD.

XI. Staff Trained to Present: RD, CPA, and other trained nutrition education staff.

XII. References:

Iron Foods for Older Babies & Toddlers. 2016. Nutrition Matters. Web 7 Nov 2019.

<https://stores.numatters.com/iron-foods-for-moms-and-kids/>

Iron for Moms and Kids. 2016. Nutrition Matters. Web. 7 Nov 2019.

<https://stores.numatters.com/iron-foods-for-moms-and-kids/>

Iron for Strong Blood. 2015. Michigan Department of Health and Human Services. Web 7 Nov 2019.

https://www.michigan.gov/documents/mdch/Annotated_Nut_Ed_Publications_List_FINAL2_360053_7.pdf

Iron for Strong, Healthy Blood Bulletin Board Kit. 2019. Learning Zone Xpress. Web 29 Jan 2020.

<https://getvisualz.com/collections/new-products/products/iron-for-strong-healthy-blood-bulletin-board-kit>



Iron for Strong, Healthy Blood

Client Feedback Form

Name:

Family No.:

Congratulations on completing this lesson!

Please answer the following:

Did you enjoy this topic? Yes No

Did you learn something to help you eat iron-rich foods? Yes No

Tell us one thing you learned today:

Check ONE statement that best describes you:

- I plan to *continue* eating at least one iron-rich food or trying one way to boost iron absorption.
- I plan to *start* trying at least one iron-rich food or one new way to boost iron absorption, *soon*.
- I am *thinking about* trying at least one iron-rich food or one new way to boost iron absorption, *someday*.
- I *don't plan to change* my choice of foods or try a new way to boost iron absorption.

If you plan to make changes, please tell us what they are:

Would you like to talk to a WIC nutritionist? Yes No

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Staff Use Only

MI-WIC NE Topics: Breastfeeding: Nutrition, Medical: Iron Deficiency Anemia, Nutrition: Infant, Nutrition: Postpartum, Nutrition: Pregnant, Nutrition: Toddler/Preschool

MI-WIC Recorded by:

Staff Initials:



Iron for Strong, Healthy Blood

Client Feedback Form Key

Name: _____

Family No.: _____

Congratulations on completing this lesson!

Please answer the following: *These responses can be used as client feedback and/or for counseling.*

Did you enjoy this topic? Yes No

Did you learn something to help you eat iron-rich foods? Yes No

Tell us one thing you learned today:

Check ONE statement that best describes you:

- I plan to *continue* eating at least one iron-rich food or trying one way to boost iron absorption. *Maintenance/Action*
- I plan to *start* trying at least one iron-rich food or one new way to boost iron absorption, *soon*. *Preparation*
- I am *thinking about* trying at least one iron-rich food or one new way to boost iron absorption, *someday*. *Contemplation*
- I *don't plan to change* my choice of foods or try a new way to boost iron absorption. *Pre-Contemplation*

If you plan to make changes, please tell us what they are:

Would you like to talk to a WIC nutritionist? Yes No

If yes, please refer to a WIC nutritionist.

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