

## Integrating Gender and Nutrition within Agricultural Extension Services

### Nutrition Activity Sheet 9

### Know your Micronutrients

#### Age:

10-12 years

#### Time:

60 minutes

#### Materials Needed:

- 25 pictures of food items.
- 5 pictures representing each micronutrient (e.g. vitamin A: pineapple, mango, liver)
- Paper and pens to indicate the score of the teams
- Small prizes (pencils, pens, erasers)

#### Sample pictures:

Front of the picture

Back of the picture



**Lentils**  
**Iron,**  
**Zinc**



**Carrots**  
**Vitamins**  
**A, C**



**Eggs**  
**Iodine**

### Introduction

Children need to eat a variety of foods to support adequate growth, increase strength, increase brain function (do well in school), and improve health (less illness). The goal of the “Know your Micronutrients” activity is for children to understand the importance of consuming key micronutrients (vitamins A, C, iron, iodine, and zinc) on a daily basis.

### Objectives

At the end of the lesson, children will be able to:

- 1) Identify key micronutrients (vitamins A, C, iron, iodine, zinc)
- 2) List foods associated with each micronutrient
- 3) Explain the importance of consuming these micronutrients on a daily basis

### Class Activities

1. Awareness and prompt. Use the table below for your discussion with students.
  - a. The instructor discusses the micronutrients (vitamins A, C, iron, iodine, and zinc) that are limited in the diet.
  - b. The instructor explains food items that tend to be high in these micronutrients and why eating these micronutrients on a daily basis is necessary. (~25 minutes)
2. Group activity. Children will work in groups to play the game “What am I?” following the instructions.
  - a. The instructor groups children into teams of 4 students.
  - b. To play the game, the instructor will hold up a picture of a food item and ask several questions to the teams expecting that one team can answer it quickly. For example, “What is this food? What is/are the micronutrients found in this food item? (objective 2)

Front of the picture      Back of the picture



**Mango**  
**Vitamins**  
**A, C**



**Beef**  
**Zinc,**  
**Iron**

What is the importance of eating this food (e.g. help with eyesight)? (objective 3).

- c. The first team that raises their hands will have to answer the questions. The team that answers each question correctly will receive 1 point. Scores are added together and the team with highest score is the winner. (~30 minutes)
  - d. The winning team gets first pick of the prizes. All other teams will receive prizes too. (~5 minutes)
3. Take home and conclusion. The instructor will conclude by asking children the micronutrients to consume on a daily basis and the importance of consuming these micronutrients. (~5 minutes)

## Guide

Use the table below to associate the micronutrients, the importance of them, and some example of foods (think about more foods that the country consumes)

| Micronutrient | Importance  | Examples of Food   |
|---------------|---|--|
| Vitamin A     | Eye sight and reduces illness                       | Squash, dark leafy greens, pineapple, fish, liver        |
| Vitamin C     | Heals wounds, repairs and maintains bones and teeth | Bell peppers, dark leafy greens, papaya, mango, tomatoes |
| Iron          | Red blood cells and reduces illness                 | Chickpeas, liver, fortified cereal, beans, lentils       |
| Iodine        | Brain development                                   | Kelp, algae, salt with iodine, eggs                      |
| Zinc          | Growth, brain development and reduces illness       | Beef, seeds, lentils, shrimp                             |

## References

- "Micronutrient Deficiencies." World Health Organization. N.p., n.d. Web. 21 Feb. 2016. [www.who.int/nutrition/topics/vad/en/](http://www.who.int/nutrition/topics/vad/en/)
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