

The Learn Together Approach

Facilitated Group Discussion Plan

Facilitator: RD, RN, CPA, Nutrition Educator, Nutrition Education Assistant

Topic: Strong Blood for Children

Module Code: 525__

Target Group: Caregivers and parents of children with low hemoglobin/hematocrit.

Objective for the session: Session participants will be able to state one good source of iron they will try with their child.

Icebreaker: Ask each participant to say their first name and their child's name.

Discussion Questions (3):

- Why do you need iron in your child's diet?
- What foods are good sources of iron?
- How can you increase high iron foods in your child's diet?

Factual Messages (3):

- Iron deficiency anemia in infants and children can result in developmental delays.
- WIC cereals, beef, and dried beans are very good sources of iron.
- Eating foods high in vitamin C (WIC juices, fruits such as oranges, grapefruit, cantaloupe, and vegetables like potatoes, bell peppers, and tomatoes) together with iron-rich foods can help the body absorb more iron.

Summarize Key Discussion Points/Suggestions:

Ask participants what they learned from today's discussion.

Evaluation Question:

What new way will you increase iron in your child's diet?

Materials Needed:

Brochure: Michigan Department of Community Health. 1999. *Iron For Strong Blood*. Michigan Department of Community Health, Lansing, MI. DCH-0293.

Reference:

American Academy of Pediatrics, Committee on Nutrition. 1998. *Pediatric Nutrition Handbook*, 4th Ed. American Academy of Pediatrics, Elk Grove Village, IL.

(Adapted from nutrition education sources provided by Wayne County Health Dept.)