

ACTIVITY # 7**CALCIUM, IRON, & FIBRE**

STRUCTURE 7 small groups (1 group per nutrient category)

MATERIALS Flipchart paper, markers
Pamphlets or books with information on calcium, iron, and fibre, and vegetarian diets (See Bibliography, p. 116)

TIME 1 hour

- DIRECTIONS**
1. Introduce activity to the students by explaining that calcium, iron, and fibre are three nutrients that teenagers often get too little of in their diets.
 2. Divide the class into 7 small groups and ask the students to plan one of the lunch menus below. Each menu should include choices from all food groups and emphasize either calcium, fibre or iron.
 - a) Calcium – bagged lunch
 - b) Calcium – cafeteria lunch
 - c) Fibre – bagged lunch
 - d) Fibre – cafeteria lunch
 - e) Iron – bagged lunch
 - f) Iron – cafeteria lunch
 - g) Iron – vegetarian lunch
 3. Ask each group to answer the following questions regarding the particular nutrient they are working on:
 - a) What is the daily requirement of this nutrient for teens?
 - b) What function(s) does this nutrient play in a teen's overall health?
 4. Ask students to present their menus to the class.

