

PERSONAL HYGIENE AND NUTRITION

PERSONAL HYGIENE

1. List two personal hygiene habits that may assist in reducing children’s potential exposure to lead:

1. _____
2. _____

2. You should wash your hands with soapy water for at least _____ seconds.

ANSWERS
1. There are many possible answers
2. 20

NUTRITION: FOODS THAT MAY HELP REDUCE THE ABSORPTION OF LEAD

Providing children with healthy, nutritious meals and snacks that include calcium, iron and vitamin C benefits their overall health and can limit the absorption of lead. A child with an empty stomach may absorb more lead. Below is a chart of foods listed by the nutrient it contains the most of: calcium, iron or vitamin C.

Directions:

1. In the General Foods column, circle foods you feed your family.
2. In the Local/Traditional Foods column, write other foods eaten in your community that contain calcium, iron or vitamin C.

Nutrients	General Foods	Local/Traditional Foods
<p>Calcium</p> <p>(mineral, needed to build and maintain strong bones)</p>	almonds, bone broth, broccoli, canned salmon, cheese, chia seeds, collard greens, cottage cheese, crab, edamame, figs, okra, milk, non-dairy milk, nopal cactus pads, prickly pear, sardines, seaweed, sweet potatoes, tofu, white beans, whole wheat bread, yogurt	
<p>Iron</p> <p>(mineral, critical to blood function)</p>	apricots, asparagus, beans, beef, bison, black walnuts, chicken, clams, eggs, fish eggs, hazelnuts, lentils, liver, mushrooms, mussels, mustard greens, oats, oysters, peanut butter, peas, pine nuts, pumpkin seeds, prunes, raisins, salmon, scallops, shrimp, spinach, venison, water potato, wild rice	
<p>Vitamin C</p> <p>(vitamin, protects the body from disease and promotes the absorption of iron)</p>	apples, bananas, bell peppers, blackberries, blueberries, brussels sprouts, cabbage, cantaloupe, cauliflower, chestnuts, citrus fruits, corn, green beans, honeydew, huckleberries, kale, kiwi, leeks, parsnips, pears, plums, potatoes, raspberries, rhubarb, squash, squid, strawberries, tomatoes, turnips, watercress	

In my home we eat _____ (number) of the foods in the General Foods column.

HEALTHY SNACKS

Directions: Below are examples of snacks that contain calcium, iron and/or vitamin C. Put an “x” in the box next to the snacks you already feed your children or family, and a ★ next to those you could easily add to their diet. What are other healthy snacks that contain one or more of these nutrients? Write your ideas in the blank spaces below.

- Air-popped popcorn
- Applesauce
- Strawberries, melons, bananas, pears, oranges or peaches
- Peanut butter on whole-grain crackers, apples or celery
- Jerky such as: salmon, venison, elk or beef
- Yogurt topped with fruit and/or iron-fortified cereal
- Frozen 100% fruit juice pops
- Cheese and whole-grain crackers
- Nuts and sunflower seeds
- Dried fruits, including 100% fruit leather
- Hummus and raw vegetables

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



This week, I am going to add _____ to my children’s diet.

Other foods and snacks I would like to add to my children’s diet include:

1. _____
2. _____
3. _____
4. _____

For more information, contact the National Lead Information Center (NLIC) at 1-800-424-LEAD (5323)