

Assignment B2: Iodine detective: exploring family food records

Work together with your group to create iodine food records, focusing on where they get iodine in their diets. Use the iodine feedback tool.

Steps:

1. **Choose family members:** decide which family member you want to create the iodine food record for. Make sure they agree to help.
2. **Iodine feedback tool:** Make sure to have the number of printed iodine feedback tools you need.
3. **Family food records:** talk to the chosen family member and ask about their food habits, using the iodine feedback tool. Answer the questions on the iodine feedback tool together. Assist your family member in answering the questions if they need help.
4. **Food records:** based on the answers provided in the assessment, make an overview of each family member's intake of iodine-rich foods. Show how they get iodine in their diets: Do they get enough iodine per day? What was the feedback received from the tool?
5. **Give helpful feedback and suggestions:**
 - a. Tell them which iodine-rich foods they are already eating

- b. Suggest adding more iodine-rich foods if needed
 - c. Recommend using iodised salt to get more iodine in their diet
6. **Presentation:** make a short presentation about what you have found and the advice you have given to each family. Each group member should talk during the presentation.