

# Assignment B3: Tracing iodine: mapping global fortification programmes

**You and your group will study and compare iodine fortification programmes in different countries, including your own. Based on your findings, would you suggest any changes to improve iodine status in these countries?**

Steps:

1. **Choose countries:** in your group, decide which countries to look at. One of them should be your own country. You may use the map on page 4-5 in the Booklet to decide what countries to pick.
2. **Research:** find information about how each country adds extra iodine to food. Use credible websites, books, and reports. Websites published by National food and health authorities might be useful.
3. **Collect information:** make a list or document with all the information you find. Show what each country does for iodine fortification.
4. **Presentation:** together with your classmates, discuss and plan how you will present your findings. Use pictures and charts.

5. **Show it to your classmates:** when you are ready, present your work to the class. Tell them what you have learned and, if possible, present suggestions on how to improve iodine nutrition in the selected countries.

Remember to work together with your group, talk often, and share the work.

Country	Iodine fortification programme

Suggestions for new iodine fortification programmes