

Assignment B4: Iodine investigation: exploring local food sources

Explore local stores and markets to uncover iodine-rich foods. Collaborate with your group to select stores, examine products, and document findings. Prepare a presentation for the class.

Work with your assigned group to check if there are foods with iodine and iodised salt in local stores and markets.

Steps:

1. **Choose stores:** decide with your group which places to visit, like grocery stores and markets.
2. **Explore:** go to these places together and see if they have foods with iodine and iodised salt.
3. **Collect information:** write down what you find and take pictures, if needed.
4. **Summarize:** make a summary of what you have found providing an overview of good iodine sources.
5. **Presentation:** prepare a short presentation about what you have discovered.
6. **Show it to your classmates:** share your work with the class and highlight the take-home message that they can use, for example when they go shopping.

Food products with iodine