

Answers to exercises in module A

Crossword

1. Iodine is important for the development of the baby's brain.
2. Thyroid hormones are produced in the thyroid gland.
3. As an adolescent, you need 150 micrograms of iodine per day.
4. Fish is a good marine source of iodine.
5. Women need a higher iodine intake per day during pregnancy.
6. Iodine deficiency may lead to the enlargement of the thyroid, this is called goitre.

Spot the error

Right answers:

Adequate iodine intake is essential to prevent iodine deficiency.

Having enough iodine in the diet is especially important during pregnancy.

A global campaign 30 years ago to iodise salt helped reduce the incidence of goitre.

Apart from iodised salt, other important sources of iodine are **seafood** and **dairy_products**.

Exercises

A1: Which functions do iodine influence and regulate in your body?

Right answers:

- Metabolism
- Brain development, especially during pregnancy and early childhood
- Growth and development, particularly during childhood and adolescence

A2: Fill in the blanks

Right answers:

- Insufficient iodine in the diet might lead to a condition known as **goitre**, characterised by an enlarged **thyroid gland**.
- The u-shaped curve illustrates that you can get both too **much** and too **little** iodine.
- When there is too little iodine during pregnancy, it may result in **deficiency** and impaired **brain** development.

A3: Which foods are good iodine sources?

Right answers:

- Eggs
- Milk and dairy products
- Fish and seafood

- Iodised salt

A4: How much iodine does WHO advise adolescents to consume per day?

Right answer:

- 150 μg

A5: How much iodine does WHO advise pregnant women to consume per day?

Right answer:

- 250 μg

A6: Why is iodine vital during pregnancy?

Right answers:

- It is important for the development of the baby's brain and nervous system
- It ensures the baby's overall growth

A7: How many or how much?

How many eggs should you eat a day to have enough iodine as an adolescent?

Right answers:

- For UK: 6
- For Slovenia: 9
- For Cyprus: 5

Attention: Please emphasise, that this is just an exercise. It is important to include more iodine sources in your diet, and not exclusively eggs.

How many portions of white fish should you eat a day to have enough iodine as an adolescent?

Right answer:

- 1 portion

How many glasses of cow's milk should you drink a day to have enough iodine as an adolescent?

- For UK: 2-3
- For Slovenia: 5
- For Cyprus: 5

Attention: Please emphasise, that it is important to have a varied diet.