

Title: Fly High with Folic Acid

Target Audience: Pregnant, breastfeeding and postpartum women

Objectives: The client will:

1. Identify at least two food sources of folate/folic acid
2. Express why folic acid is important for all women of child bearing age.

Teaching Materials Needed, Including Handouts:

1. Display board or area for set up of interactive display
2. Materials to set up the interactive display
3. Handouts needed for use with lesson
4. Samples of foods or supplements containing folic acid (as needed)

Advance Preparation Needed:

1. Set up display with interactive portion of the lesson
2. Copy needed handouts for each person attending the lesson
3. Prepare or purchase necessary foods or supplemental products for the interactive components chosen.

Class Outline and Methods:

1. The interactive display and handouts will be available during clinic hours.
2. A knowledgeable staff member should be available for client questions regarding the interactive display. See background information on this topic below, under Concepts.
3. Offer the client handouts to reinforce the concepts on the display.
4. Once the client reads through the materials and completes the feedback form, the client should show the completed form to the delegated WIC staff person (e.g. clerk).
5. The delegated WIC staff person should ask the client if they have any questions. If yes, refer them to the staff person that can answer their questions.
6. The delegated WIC staff person should ask the client, "What is one thing you will try to do, based upon what you learned today?" For example, "What is one way you could get more folic acid into your daily meals?"
7. Upon completion of the lesson, a designated WIC staff person should record completion in the client's KWIC record. If the LA chooses, the client's goal can also be entered into KWIC.

Concepts and Key Points:

1. Folic acid is important to the healthy development of infants.
2. Folic acid is needed by all women of child bearing age before they become pregnant and during the first few weeks of pregnancy.
3. Too little folic acid can lead to birth defects in infants including spina bifida.

4. Folic acid can be taken as a supplement but can also be found in some fortified grain products and naturally occurs in some foods (beans, peas, some fruits and vegetables, liver) in the form of folate.
5. Women need 400 micrograms or .4 milligrams of folic acid every day.

Interactive Component: Choose one or more of the following interactive components to use in conjunction with the display:

1. Using pictures of different foods have the client design a meal that includes at least one good source of folate. Have them check their choices against a list of food sources of folic acid and folate.
2. Provide a display of several types of foods. Have the client put them in order from the one with the most folic acid to the one with the least amount. Highlight the food package Nutrition information label which indicates the folic acid content of the food. Provide an answer sheet for clients to check their answers. Indicate which of the foods are "WIC Approved."
3. Have a group of food pictures on a display. Tell the client to remove the one that they think is NOT a good source of folate in the diet. Have an answer sheet for them to check their answers. Have the client replace the food after they are finished.
4. Provide recipes of foods that are rich in folate. Have food samples of some items for clients to taste. Indicate on recipes which items are WIC foods.
5. Have a display of various supplemental forms of folic acid including prenatal vitamins with folic acid as well as over the counter products. Explain to the client how to read the label to decide if the supplement has folic acid in the desired amount.

Behavior Change Goal:

The designated staff person will assist the client/caregiver to set a goal based upon the interactive display as outlined in the methods section above.

Procedure for Clients to Ask Questions of Trained WIC Staff:

The designated WIC staff person will either answer the questions or guide the client to the staff person qualified to answer a question posed by the client/caregiver.

Evaluation:

The evaluation will consist of completing the feedback attached and interacting with WIC staff as outlined in the Class Outline and Methods section above.

Comments/Other:

Lesson Plan Written By: Patricia Dunavan, MS, RD, LD, 1999

Lesson Plan Revised By: Patricia Dunavan, MS, RD, LD, 2013, 2014

Lesson Plan Approved By:

Date:

Folic Acid Nutrition Feedback Form

Name: _____

What is one good source of folic acid/folate?

What is one thing that you plan to do in the next few weeks to increase your folic acid? _____

Do you have any questions that you would like to discuss with a dietitian?

Yes

No

Fly High with Folic Acid

Folic Acid (also known as Folate) is a B Vitamin that is needed by everyone, but especially women

Why You Need Folic Acid:

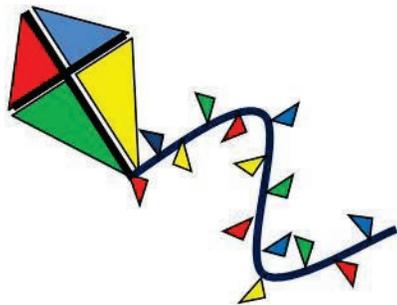
- ★ To prevent birth defects
- ★ Helps build new red blood cells
- ★ Important for growth

How Much Folic Acid Do You Need?

- ★ 400 micrograms or 0.4 milligrams daily

How to Add Folic Acid to Your Diet:

- ★ Eat at least 5 servings of fruits and vegetables every day
- ★ Choose foods high in folate/folic acid
- ★ Take a multivitamin with folic acid



Foods Rich in Folate:

Liver	Dry beans and lentils
Peanut butter	Dark green leafy vegetables such as spinach
Broccoli	Orange juice
Bread, rolls and buns	Cereals
Pasta	

