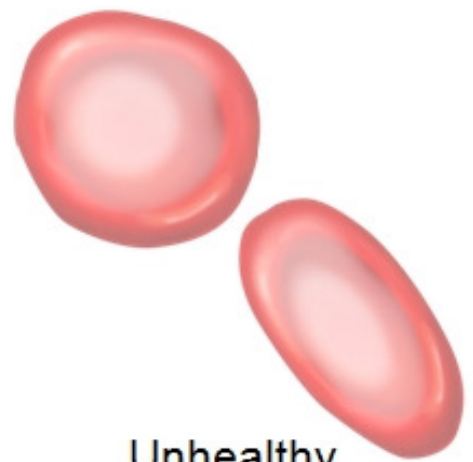
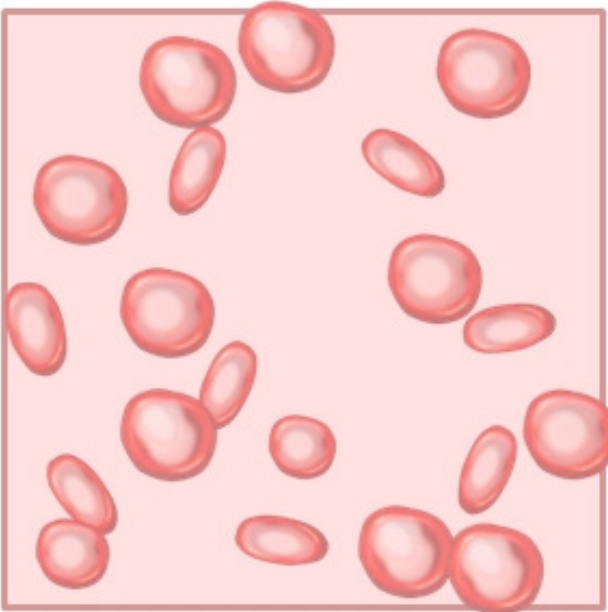
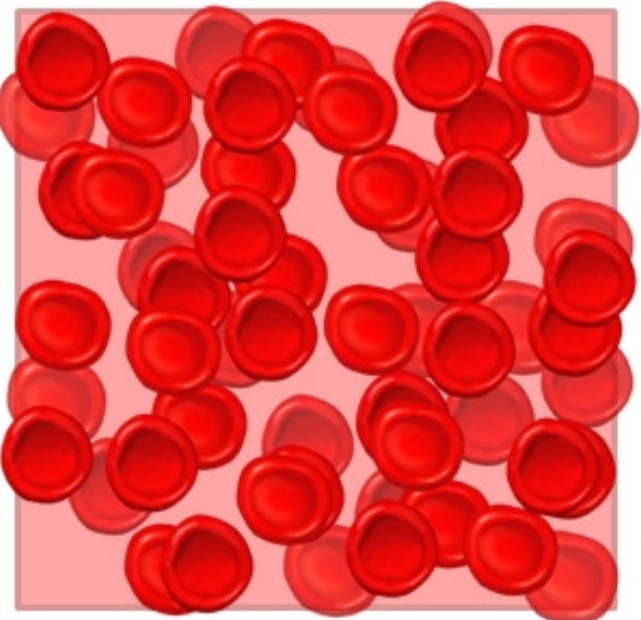


Anaemia is caused when you don't have enough healthy blood cells?



Healthy blood cells



Unhealthy **anemic** blood cells

If you have anaemia...



You feel weak and tired



You feel grumpy



You have problems with thinking clearly



You are light-headed



You have a headache



You get short of breath

Women and young children are most likely to have **anaemia**?

Adolescent girls and women



Women get anemia because of their periods



Babies need mum to eat lots of fruit and vegetables.

Pregnant mums need to eat hard boiled eggs and use eggs in cooking



Young children and babies



Anemia damages brain cells

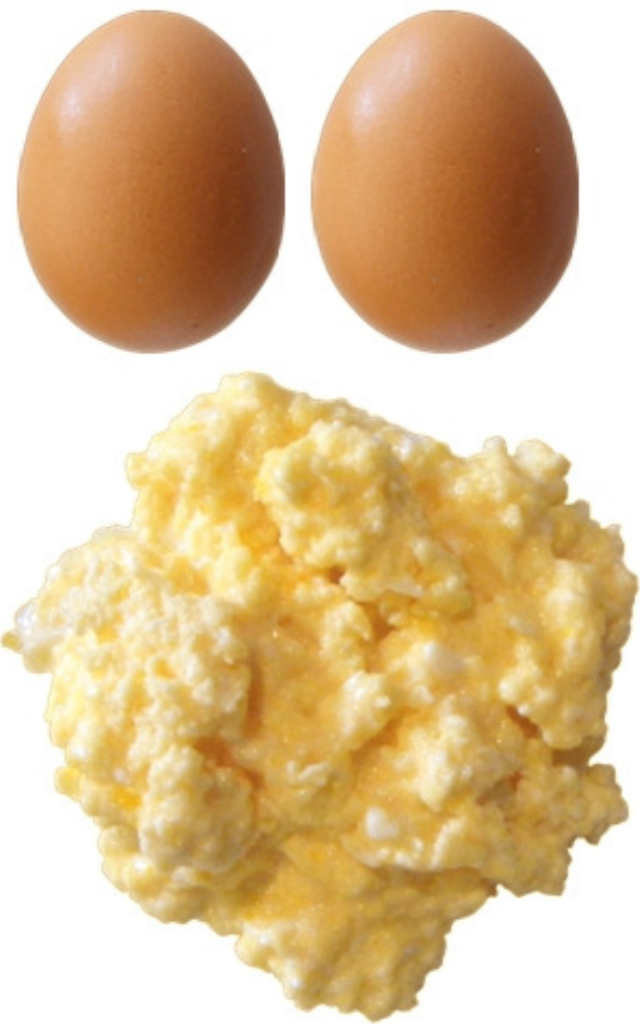


Young children should eat eggs



Eating eggs helps stop anaemia because they contain iron

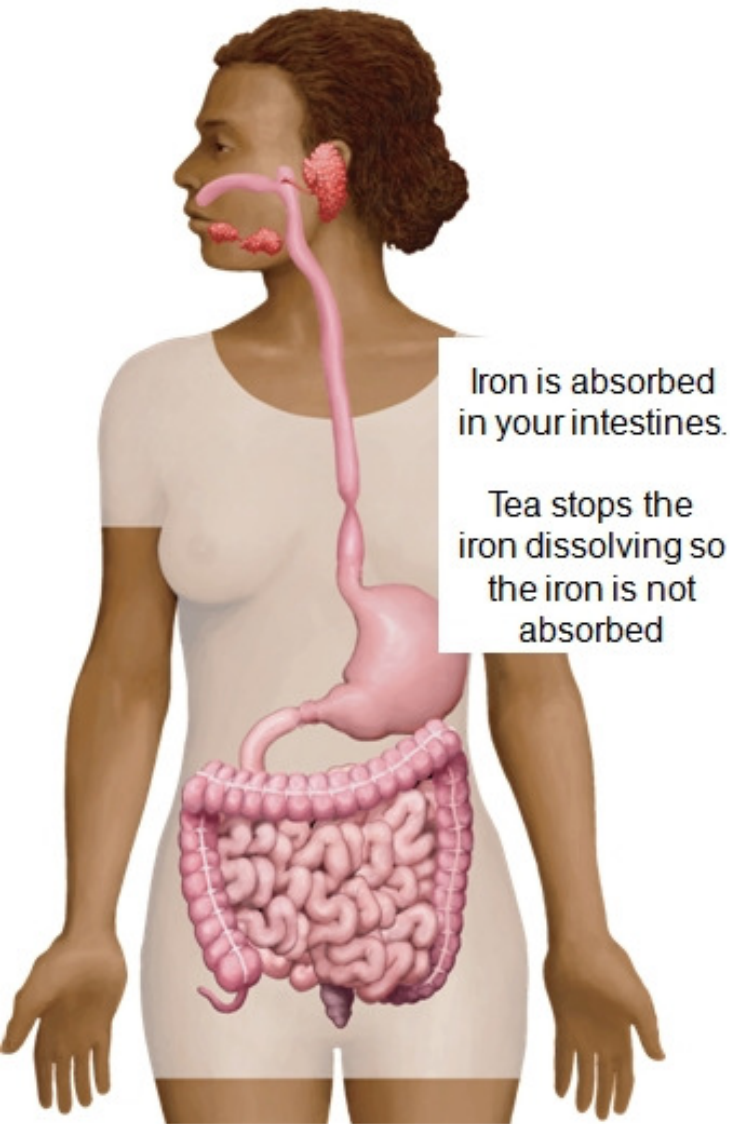
You get iron from all food groups.
Iron foods can energy, body building & protective foods



1 serve of eggs is
2 large eggs



Don't drink tea at meal times



Drinking tea stops the iron from vegetables & cereals being absorbed



Children should not drink tea because they need iron to help their brains grow

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To become more aware of how people's body works:

To explain what happens if someone has anaemia and how important it is to eat food which contains iron.

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated.

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