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Folic Acid, a Vitamin for Life
Dear Promotor/a,

Every year in the U.S. 3,000 pregnancies with neural tube defects (anencephaly and spina bifida) are reported. Studies have shown that if all women consumed the recommended amount (400 micrograms) of folic acid before and during the first stage of pregnancy, the majority of all neural tube defects could be prevented.

_Nuestro Futuro_ is a program of MHP Salud and is funded by the Centers for Disease Control and Prevention. The focus of _Nuestro Futuro_ is educating women of childbearing age, along with their families and friends, about the importance of consuming foods and vitamins that are rich in folic acid. The purpose of the program is to reduce the index of births with neural tube defects and other illnesses.

The _Promotoras of Nuestro Futuro_ are professionals who know the communities they serve very well because they are part of these communities. They are trusted leaders who are able to reach families and provide them with health information and referrals to services. The _Promotoras_ also organize interactive group education sessions and health fairs and use the media with the goal of promoting folic acid consumption as widely as possible.

The curriculum _Folic Acid, a Vitamin for Life_ was designed so that _Promotores/as_ could use it to educate their communities. The curriculum is made up of four consecutive sessions. Each session has a different topic. Combined, the sessions teach participants about the importance of consuming folic acid. Each session contains examples of activities that will help you communicate the information to participants in a way that is easy, understandable, and fun.

It is important to mention that this curriculum contains information based on the experiences of community members who have participated in the program. It was developed by _Nuestro Futuro_ staff members, who have significant experience providing folic acid training and who are constantly increasing their knowledge though trainings with doctors and other professionals.

After reviewing the content of the four sessions completely, you will discover that the curriculum is a guide that will help you carry out classes and trainings with different types of groups. This guide does not obligate you to carry out your classes or trainings exactly as they are presented here. You should use your creativity. You are free to change the order of the content, change the activities, and change the order of the sessions – but without changing the information contained in the curriculum.
The *Nuestro Futuro* team feels privileged to have the opportunity to share this curriculum with you. We are sure that you will have success and that the people you reach will experience positive changes in their lives and prevent pregnancies with neural tube defects.

Wishing you the best!

This curriculum was developed with support from the Centers for Disease Control and Prevention (CDC). The contents are solely the responsibility of the authors and do not necessarily reflect the official views of the CDC.
Testimonials from People who Have Received
Information from Folic Acid, a Vitamin for Life

In the first stage of my pregnancy, the doctors discovered that I had a pregnancy with neural tube defects. I felt sad, asking myself why this happened to me. Unfortunately, my baby was stillborn. The Promotoras of Nuestro Futuro invited me to a session about folic acid. I went and I learned why I had a pregnancy with birth defects.

I now want to encourage all women to take folic acid and to attend these classes so that no one will have to experience the pain I went through because I didn’t take folic acid.

María C. Gudiño
Community Participant
Community Center of Cameron Park
Brownsville, Texas

Thanks to the Nuestro Futuro program and to the Promotoras for the folic acid classes. These classes were marvelous and very interesting. I learned so much about the importance and benefits of taking vitamins with folic acid and how to prevent birth defects, not only for me, but for my whole family.

I recommend that all young women take these classes because their health and the future of their family depend on how they take care of themselves.

Josie V.
Community Participant
Communities United Center
Rio Grande City, Texas

I first heard about the importance of taking folic acid through the classes of the Promotoras of Nuestro Futuro. Immediately after I heard about the different topics about folic acid and the session had ended, I went to the store and bought some vitamins with folic acid. I loved the classes, they were very fun!

Liza Fuentes, MPH
Senior Research Associate
National Latina Institute for Reproductive Health
New York, NY
MHP Salud has been a great help by bringing the program *Nuestro Futuro* to the Lasara Community Resource Center. The parents of the families learned so much about folic acid and how to prevent birth defects in their babies. Keep offering this great service to the communities.

*Irma Cantú*
*Center Coordinator*
*Lasara Community Resource Center*
*Lasara, Texas*

I decided to start taking the folic acid vitamin after receiving the training given by the *Promotoras of Nuestro Futuro*. I am able to teach and be an example to so many women who come to Mexico’s Consulate in McAllen, TX. I’m so happy to be able to do something in their lives!

*Elsa Valdéz*
*Promotora de Salud for the Ventanilla de Salud Program*
*MHP Salud*
*Weslaco, Texas*

I am very thankful for the training about folic acid that the *Promotoras of Nuestro Futuro* provided the Doulas of the *Amor de Madre* program. The information has been so useful for so many Doulas and their patients since it has served to reinforce the importance of consuming folic acid before, during and after the pregnancy. I hope that you will continue to train more *Promotoras* so that the message and education reaches many communities with the goal of preventing pregnancies with neural tube defects.

*Lizette Pacheco*
*Amor de Madre Program Specialist*
*MHP Salud*
*Weslaco, Texas*
It is surprising to know that the majority of women don’t know about the importance of consuming folic acid. As a Promotora de Salud I feel responsible to carry this light of hope that helps stop the ignorance and prevent pregnancies with neural tube defects.

I also feel very content that I am able to give Promotores/as the necessary tools of Folic Acid, a Vitamin for Life and help them bring about the changes in our people, who need these tools in order to survive. We all share this commitment!

*Carmen Soto  
Promotora de Salud of the Nuestro Futuro Program  
MHP Salud  
Weslaco, Texas*

The program Nuestro Futuro has given me the privilege of reaching so many women who live in the communities, regardless of their social, economic, or migrant status.

The culture of our society could be a barrier to achieving that education is part of the lives of women. However, I am confident that the information in the Folic Acid, a Vitamin for Life curriculum will help improve the lifestyles of many families.

*Lourdes Flores  
Promotora de Salud of the Nuestro Futuro Program  
MHP Salud  
Weslaco, Texas*
Acknowledgements

We especially thank the Centers for Disease Control and Prevention (CDC) for their excellent sponsorship of Nuestro Futuro. Without their support, we would not have reached thousands of women and their families in the four counties of the Lower Rio Grande Valley to accomplish a positive change in their lifestyles.

We also thank:

The health organizations that granted us the opportunity to train their personnel and exchange materials on folic acid. Thanks to them, a directory has been created, which allows us to better serve our communities.

The women in the communities who opened their hearts and homes so that this information could reach their lives. To know that they shared this information with their families and friends encourages us to continue our job with dedication and enthusiasm.

The media, for their help in offering us a vehicle for promoting folic acid without barriers through newspaper articles and through the radio with the goal of extending information and education to many families. Our thanks to Radio Manantial 88.3 FM from Brownsville, Texas; Radio Esperanza 88.5 FM from Edinburg, Texas; and the newspaper El Bravo de la Cuidad from Matamoros, Tamaulipas, Mexico.

Receive our appreciation and admiration.

The Nuestro Futuro Team
MHP Salud
How to Use this Curriculum

Promotores/as de Salud and Capacitadores/as,

The curriculum Folic Acid, a Vitamin for Life is for you!

This packet contains the information you will need in order to conduct a folic acid training, whether you are using transparencies, PowerPoint, or flipcharts. It also contains step-by-step instructions to direct four fun, educational sessions. Each session lasts approximately two hours, and the set of four sessions can be carried out over the course of two to four days, depending on the number of participants and the level of interaction in the group. The instructions will help you carry out a presentation with community members, Promotores/as, and other professionals from different organizations.

This curriculum can be implemented with all ages and genders, and it is available in both Spanish and English. You are currently reading the English version. Please be aware that the curriculum was originally created in Spanish and designed for a primarily Spanish-speaking audience.

It is very important that you prepare all materials and activities before the session. Still, no matter how much you prepare, some aspects of your session may not go according to plan. Don’t forget that you will sometimes have to use a Plan B. You should always arrive at your presentation site early (at least one hour) to set up. Remember, one person who is prepared is worth two!

Use your talents and abilities to implement this curriculum. If you know how to play an instrument, sing, recite poetry, etc., integrate these skills into your classes or training sessions. Give it some flavor!

To carry out these sessions, it is recommended that you keep the groups small (no more than ten participants) because of the activities involved. The idea is to promote as much interaction and learning as possible in the group. If you arrive and discover that the group is bigger than you were expecting, you can still achieve your learning objectives by asking for someone else to support you (for example, someone else from your team, one of the participants, or one of the organizers of the presentation, training, or event). It is very important that you always do your best to determine the number of participants ahead of time. Still, always bring extra materials with you, because you never know how big the audience will be.

You have this tool as a treasure in your hands and can use it in any moment...enjoy!
Materials Included in the Curriculum

Folic Acid, a Vitamin for Life

This curriculum Folic Acid, a Vitamin for Life contains materials that will help you give your classes and/or presentations successfully. You will be able to identify the materials included in this packet because they have an * (asterisk) next to them in the Materials list for each session.

PowerPoint: Folic Acid, a Vitamin for Life

Game: Surprise Baby

Activity: Myths and Truths

Reflective Stories: “Four Important Things”

These materials are examples of the types of materials you can use in your sessions. Remember that you can use your creativity and that you can change the activities and materials if you like.
Folic Acid, a Vitamin for Life

An Important Message For All Women

Session 1
Session 1

An Important Message for All Women

Objectives:
The participants in this session will:
- Learn about the importance of nutrition
- Know the sources of folic acid and folate
- Make a commitment to consume folic acid for their whole lives

Materials:
Pre Evaluation

PowerPoint: Folic Acid, a Vitamin for Life *

Game: Surprise Baby *

Models of foods enriched with folic acid and rich in folate (cereals, breads, pastas, cookies, bananas, strawberries, peanuts, green vegetables, etc.)

Balloons

Commitment Sheet

Large sheets of paper, markers and tape

Pencils or pens

Boom box and music CDs

Two chairs

Pamphlets: http://www2.cdc.gov/ncbddd/faorder/orderform.htm

Prizes (optional)
An Important Message for All Women

Welcome

Welcome all participants. Present yourself, giving your name and where you are from. Demonstrate your appreciation for the participants’ attendance and encourage them to have a good time and learn from each other. Mention the importance of completing all four sessions of the Folic Acid, a Vitamin for Life curriculum so that the participants learn the basics about folic acid.

Group Suggestions

Ask the participants to brainstorm a list of suggestions that will help promote a respectful learning environment during the session. Review the suggestions with the participants.

Pre Evaluation

Filling out a pre evaluation is fundamental to the participant since it will be a method to measure changes in their knowledge. It is up to you to decide when to give participants a pre evaluation. This could be while the participants are arriving or before you start your session. Offer your help – it’s likely that some participants will need help entering their responses in the pre evaluation form.

Once you have presented the four sessions, participants will once again fill out the evaluation (post evaluation), making it possible to measure changes in their knowledge.

Getting to Know Each Other Better

The activity Getting to Know Each Other Better is appropriate for having participants introduce themselves. It is a good way for the participants to get to know each other. Participants can say their names, where they live, what they do in their jobs, what they wish to learn, etc. (You can use this activity as an icebreaker at the beginning of your training or at any other moment). In this case, ask the participants to say their names, why they came to this class, and what they hope to learn.

Objectives

Write the objectives mentioned above on a large sheet of paper and review them with the participants.
Surprise Baby

The game Surprise Baby contains illustrated cards of planned babies and surprise babies. The goal of this game is to help the audience recognize that a woman can get pregnant at any time, and that for this reason, all women should prepare by taking folic acid every day – before and during the pregnancy – to prevent the majority of neural tube defects. Each participant will pick out a card, and it will either be a surprise baby or a planned baby. Ask all the women who picked the surprise baby to lift up their cards so the group can see. Then, ask the women who received the card with the planned baby to lift up their cards so the group can see.

Through this game, participants will come to understand that there will always be a surprise baby and that the majority of women do not plan their pregnancies. For this reason, all women should prepare by consuming folic acid in order to prevent neural tube defects.

An Important Message for All Women

Review the topic An Important Message for All Women on the PowerPoint, which includes the following subtopics:
- Nutrition is Important
- Food Pyramid
- Sources of Folic Acid
- Foods that Contain Folate
- Functions of Folate

Food Demonstration

For the activity Food Demonstration, it is recommended that you bring examples of foods that are enriched with folic acid or that are rich in folate (cereals, breads, pastas, cookies, bananas, strawberries, peanuts, green vegetables, etc.).

This is a good strategy for getting participants to visualize how important it is to consume foods that are enriched with folic acid or rich in folate.

Ask the participants, “Which foods contain folic acid or are enriched with folate?”

Write their answers on a large sheet of paper.

It’s likely that the participants will choose just some of the foods. Explain that that all of the foods shown are enriched with folic acid or rich in folate.
Explain that the foods enriched with folic acid are foods that have had folic acid added to them (cereal, pasta, bread, cookies, etc.), and that the foods rich in folate are foods that contain folic acid in its natural form (fruits, green vegetables, bananas, peanuts, etc.).

Invite your participants to consume these foods every day!

**Invitation and Commitment for Participants**

Invite all of the participants to make a commitment to consume foods and vitamins that are enriched with folic acid or rich in folate every day. You can create a commitment sheet for participants to sign when they make the commitment. They will take it home and put it in a visible place so it can serve as a reminder to consume foods and vitamins enriched with folic acid or rich in folate.

**Review of the Day with Musical Balloons**

The Musical Balloons activity works very well to review what has been learned during class. The number of balloons needed depends on the number of questions you want to ask.

In each balloon place a small piece of paper with a question written about the information learned that day. Inflate the balloons and put them in a big bag (it is important that you bring the balloons already inflated with the questions inside).

Mention to the participants that you will give an overview of the topics given that day through the Musical Balloons activity. Next, do the following:

Divide the group into two teams and ask them to come up with team names.

Put two chairs in the front of the room, separated from each other. Tell each team to form a line in front of one of the chairs (the first person in line should be approximately 10 feet away from the chair).

While you put the music on, give each participant an inflated balloon. Tell participants that when the music stops, each should run with his/her balloon to the seat at the front of the line and try to pop it by sitting on it.

The participant who first pops his/her balloon and answers the question correctly will earn a point for his/her team.

When all of the balloons are popped, add the points up for each team and give the winning team a prize.
Conclusion of the Session

Thank the participants for coming to the class and encourage them to come back to the next session, where the topic *Folic Acid* will be discussed.

Give out any information or pamphlets that you may have brought along.

Help the participants to remember the commitment to consume foods rich in folate and enriched with folic acid and to pass on what they learned today to their families and friends.
Folic Acid, a Vitamin for Life

Folic Acid

Session 2
Session 2

Folic Acid

Objectives:
The participants in this session will
- Learn about the vitamin folic acid and its benefits
- Obtain information about the amount of folic acid that they should consume daily
- Know the importance of reading food labels

Materials:

PowerPoint: Folic Acid, a Vitamin for Life *

Examples of different containers of vitamins (multivitamins, folic acid vitamin)

Activity: Myths and Truths *

Examples of different cereal boxes (boxes of different cereal brands)

Ball or another object (to pass among the participants)

A paper lettuce made out of notebook paper

Large sheets of paper, markers, and tape

Pencils or pens

Boom box and music CDs

Pamphlets: http://www2.cdc.gov/ncbddd/faorder/orderform.htm

Prizes (optional)
Folic Acid

Welcome

Welcome the participants. Thank them for coming and tell them you hope they have fun and learn a lot.

Mention that the session is titled *Folic Acid* and that you are excited because you’re sure the participants will learn a lot and enjoy the day.

Group Suggestions

Review the list of suggestions that the participants created during the first session and tell the participants that they can add new ones to the list.

Musical Circle

The Musical Circle activity is really fun. It is a good tool to get feedback from the participants. Put on energetic music, form a circle, and pass around a ball or another object (it can be any plastic or cloth model symbolizing a food that is rich in folic acid). While the music is playing, make sure the ball passes through all of the participants’ hands. When the music stops, the person with the ball/object will share his/her name and what he/she knows or has heard about folic acid.

During the activity, write participants’ answers on a large sheet of paper. Review the answers with the participants.

Objectives

Write the objectives mentioned above on a large piece of paper and review them with the participants.

Brainstorm about Folic Acid

Prepare the three questions listed below (put one question on each large sheet of paper). The idea is to put only one question on each page so you have enough space for the participants to give their complete answers.

Ask each question and allow all of the participants to say everything that they know about the vitamin folic acid.
“When should we take it?”
“When should we take it?”
“How much should we take?”

After the brainstorm, review the answers given by the participants.

Next, review the information on the topic Folic Acid on the PowerPoint, which includes the following slides:
- More than 50% of Women DO NOT Consume Sufficient Folic Acid
- Folic Acid Is Diet Sufficient?

Ask the participants if they have any comments or questions about the topic Folic Acid. Take time to dialogue.

Myths and Truths

Before starting the activity, put two large sheets of paper on the wall. On one of the sheets of the paper, write, “Who in this group takes folic acid or a multivitamin? Why?” On the other sheet of paper, write, “Who in this group does NOT take folic acid or a multivitamin? Why?”

Ask the participants to respond to these questions, and write down their responses. Now, explain to the participants the difference between myths and truths. Myths are beliefs that people have, and they believe they are true, but they aren’t. Truths are authentic facts that are proven.

This activity was designed based on the thoughts of past participants in the training. The goal of this activity is for participants to learn about the importance of consuming vitamins with folic acid from a realistic perspective rather than relying on things they may have just heard. This will help them easily learn and remember how important it is to take a vitamin with folic acid.

Now it’s time to start the Myths and Truths activity. Put two more sheets of paper on the wall, one on each side of the room. On one sheet, put the word Myths and on the other sheet, Truths. Ask the participants to form a line between the word Myths and the word Truths. When you read each sentence or phrase from the list (included in this curriculum), the participants will decide whether they will step to the Myths side or the Truths side.

Review the following information from the PowerPoint:
- Reasons Why Women DO NOT Take Folic Acid
- Take Enough Folic Acid
• Places to Keep Your Vitamins (so you won’t forget to take them)

The Importance of Reading Labels

Show the participants different examples of cereal boxes and help them identify where they can find how much folic acid the cereals contain. This way the participants will know the difference between cereals in terms of folic acid content. The goal of this activity is that when participants go to the grocery store from now on, they will read product labels to identify and choose foods that contain folic acid or folate.

Benefits of Folic Acid

Ask each participant, “Which methods would you use to remind yourself to take folic acid?”

Encourage participants to suggest methods of remembering to take folic acid and to write their answers on a large sheet of paper.

Dialogue with participants about what they mentioned and add any other methods that may not have been mentioned using the PowerPoint.

Review the following information from the PowerPoint:
  Recommendations for Women in their Childbearing Years
  Benefits of Folic Acid

Review of the Day with the Lettuce Game

The Lettuce Game is a good technique for reviewing information from the class. Write questions related to information learned during today’s session on sheets of paper from a notebook. Use the sheets of paper to make a paper lettuce, starting with a sheet crumpled into a small ball, and later adding the other sheets on top until it looks like a lettuce (it is important that you have this activity ready before you get to class).

At the end of the class, ask participants to form a circle and pass the paper lettuce around the circle. Put on upbeat music and explain that when the music stops, the person with the lettuce will have to take off one of the paper “leaves” and answer the question that is written on the “leaf.”

Mention that while the music is on, the participants can pass the lettuce while dancing. You can give a prize to participants who answer their questions correctly. This activity is fun and the participants will enjoy it.
Conclusion of the Session

Thank the participants for coming to the second session and encourage them to come to the next session, where the topic *Neural Tube Defects* will be discussed. Give out any other information or pamphlets that you may have brought.

Remind participants not to forget the commitment they made in the first session to consume foods and vitamins with folic acid and to pass on the information they have learned today to their families and friends.
Folic Acid, a Vitamin for Life

Neural Tube Defects

Session 3
Session 3

Neural Tube Defects

Objectives:
The participants in this session will:

- Obtain information about neural tube defects
- Learn who is at risk of having a pregnancy with neural tube defects
- Make a formal commitment to share information about folic acid

Materials:

PowerPoint: Folic Acid, a Vitamin for Life *

Story: “Right under My Nose” http://www.myspinabifidabook.org/

Commitment Sheet

Box of Surprises (a box with questions about that day’s subject)

Small white pieces of paper

Large sheets of paper, markers and masking tape

Pens or pencils

Boom box and music CDs

Ball or another object (to pass among the participants)

Pamphlets: http://www2.cdc.gov/ncbddd/faorder/orderform.htm

Prizes (optional)
Neural Tube Defects

Welcome

Welcome the participants. Thank them for attending and express that you hope they have a day full of fun and learning. Mention that today’s session is titled Neural Tube Defects and that you hope that the participants have a pleasant and fulfilling experience.

Group Suggestions

Review the list of suggestions that the participants created during the previous session and tell the participants that they can add new ones. Ask permission to show images of children with birth defects, as some participants may find the images offensive.

Right Under My Nose

Read the story “Right under My Nose” to the group. If you want, you can put on soft background music while you read the story. The purpose of this story is that participants learn about and comprehend a bit more about the life of a child who suffers from spina bifida.

Ask participants what thoughts they have about the story you just read. Take time to listen to their comments and feelings (it’s likely that someone may be impacted by the story and need time to talk about it).

Objectives

Write the objectives mentioned above on a large sheet of paper and review them with the participants.

Neural Tube Defects (Spina Bifida y Anencephaly)

Before you start to talk about the theme Neural Tube Defects, ask the participants if anyone knows about a family that has experienced these birth defects.

Allow the participants to mention any of their personal experiences or the experiences of someone they know.

If you know of someone who has had this experience, share the story with the group – but only if the family has given you permission to do so.
Ask the participants if they have any other comments or if they would like to add something more before doing the activity about the next topic: *Risks of Having a Pregnancy Affected by Neural Tube Defects*.

**Little Pieces of Paper**

This activity will help participants discover the risk of having a pregnancy affected by neural tube defects.

Tape to the wall a large sheet of paper that says, “Which Women are at Risk for having a Pregnancy with Neural Tube Defects?”

Give each participant a small piece of white paper and a piece of tape. Ask the participants to write one answer to the question (above) on their piece of paper. Participants can receive more than one piece of paper if they have more than one answer. Participants will tape their pieces of paper to the large sheet of paper on the wall.

Ask one of the participants to read everything that is on the large sheet of paper. Then, have participants compare these ideas with the information in the PowerPoint slide, “Which Women are at Risk for having a Pregnancy with Neural Tube Defects?”

Review the information about the theme *Neural Tube Defects* and show pictures to let participants know about the existence of these defects (do not forget to ask permission before showing the pictures – they may be offensive to some of the participants) using the PowerPoint. This includes the following slides:

- Neural Tube Defects
- Anencephaly
- Photos of Anencephaly
- Spina Bifida
- Photos of Spina Bifida
- Children Born with Spina Bifida

Finish this part of the session by reinforcing that “Anyone Can Have a Pregnancy Affected by Neural Tube Defects” (show the photos on this slide from the PowerPoint), regardless of social, economic, physical, or immigration status, for example. Emphasize that any woman can go through the experience of having a pregnancy affected by neural tube defects. For this reason, it is important to prepare by “Taking Folic Acid, Every Woman, Every Day.”

Continue using the PowerPoint to review the following slides:

- If You Have Already Had a Pregnancy Affected by Neural Tube Defects
Good News

Our Commitment to Folic Acid Education

Review *Our Commitment to Folic Acid Education* using the PowerPoint.

After reviewing the theme, pass out a commitment sheet for participants to sign. This should be a different sheet than the one you gave participants during Session 1. You can design the sheet to say whatever you want – just make sure that the participants understand that it is important that they share what they have learned by way of classes, formal or informal presentations, pamphlets/literature, conversations with family and friends, etc. Mention to the participants that they can carry out this commitment according to their abilities and preferences. The importance of carrying out this commitment is that together, we can prevent the majority of neural tube defects by sharing information about folic acid.

Review of the Day with the Box of Surprises

The Box of Surprises activity is a strategy to review the information learned during the session. Remember that it is necessary to prepare the activity ahead of the session. It is very important that you create a creative, nice-looking box so that the activity gets the participants’ attention and closes the day of training on a successful note. Write as many questions as you want on small pieces of paper, geometric figures, little balls, etc. and put them in the box. You can ask the participants to make two teams or ask for individual volunteers to take a question from the Box of Surprises.

If the participant answers the question correctly, his or her team wins a point (this is if you decide to make it a team activity). The team that gets the most questions right will receive a small prize.

If you decide to do the activity with individual volunteers, have them take a question from the Box of Surprises. If they answer correctly, you can give them prizes as well.

Conclusion of the Session

Encourage the participants to come back to the next session – *What You Learn Well, You Never Forget!* – as it will be the last one. Tell them not to miss out because there will be a review of the first three sessions, a celebration, and many surprises in store for them. Finally, remind the participants not to forget to consume and share their knowledge of folic acid because our lives, and the lives of our babies, are in our hands (at this time you can display the PowerPoint slide with the photo of the baby in the hand).
Folic Acid, a Vitamin for Life

What You Learn Well, You Never Forget!

Session 4
Session 4

What You Learn Well, You Never Forget! Review and Celebration

Objectives:
The participants in this session will:
- Review the information learned in Sessions 1 through 3 through a game
- Recognize their efforts and results

Materials:
Post Evaluation
Reflective Stories: "Four Important Things" *
Jeopardy
Certificates for the participants
Large sheets of paper, markers, and tape
Pens or pencils
Boom box and music CDs
Pamphlets: http://www2.cdc.gov/ncbddd/faorder/orderform.htm
Foods rich in folate and folic acid for the celebration (optional)
Prizes (optional)
Camera (optional)
What You Learn Well, You Never Forget!  Review and Celebration

Welcome

Welcome all of the participants. Congratulate them on having attended all four sessions.

Mention that in this session – What You Learn Well, You Never Forget! – there will be a game to review information from the last three sessions.

Tell participants that they will receive a certificate of appreciation for their participation in the four sessions of the training Folic Acid, a Vitamin for Life.

Reflective Stories: “Four Important Things”

Share one of the reflective stories contained in “Four Important Things” with the participants before starting the review game.

Ask the participants for comments about what the story has in common with everything they have learned during the previous sessions.

Prepare a relaxed environment to start the review of the last three sessions (for example, by playing soft music in the background).

Objectives

Write the objectives mentioned above on a large sheet of paper and review them with the participants.

Jeopardy

The Jeopardy game is very fun. It is one of the review games that groups like the most. It consists of writing a series of different point quantities (500, 200, 100, 50, 25, etc.) on small pieces of cardboard. On the back of each piece of cardboard, write a question (you can give harder questions higher point values and easier ones lower point values). The number of cardboard pieces you have depends on the how many questions you ask. For example, if you have 25 questions prepared for the review, you can make five groups of the same quantity, such as five groups of 500, five of 200, five of 100, five of 50, five of 25, etc. You will tape these questions to the wall with the point values facing out (obviously, the question will be hidden).
Divide the group into two teams and ask each team to form a line. Decide which team will go first. The first participant will choose a quantity of points, and he/she will have to answer the question on the back. The team that gets the most points wins. You can give each participant from the winning team a prize.

**Post Evaluation**

After the review, give each participant a post evaluation. Be sure to allow for enough time to complete it. Offer your help – it’s likely that some participants will need help entering their responses in the post evaluation form. Remember that this part of the evaluation will allow you to measure changes in participants’ knowledge as a result of the presentations. Also, it will help you realize which topics require more attention in future presentations.

**Recognition of Participation**

It is very important that if you give out diplomas or certificates of appreciation, they have the names of the participants already filled out. When they see their names printed on the certificates, the participants will value the time they were in class. It is recommended that you bring a camera so you can take a picture of each participant and/or of the group when you present the certificates. Ask the participants to leave you their email addresses or regular addresses so you can send copies of the pictures to them.

**Conclusion of the Session**

Thank the participants for their valuable attendance, and remind them to continue to share all the information they have received during these four sessions with relatives, friends, and community members.
Our Future
Folic Acid, a Vitamin for Life

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MYTHS AND TRUTHS

Folic Acid Vitamins

Myths

- They will make me gain weight.

- They are only for pregnant women.

- There is not enough time to take them.

- They will ruin my appetite.

- I don’t need them – my diet is sufficient.

- They will not reduce the possibility that I will have a pregnancy with neural tube defects.

Truths

- They will not make me gain weight.

- All women of childbearing age should take them.

- I can easily take them as part of my daily routine.

- I will still have an appetite even if I take them.

- Even if I eat foods rich in folate, I still need to take them.

- They will reduce the possibility that I will have a pregnancy with neural tube defects.
Four Important Things

that life teaches you

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