

Annexure 11

Perception Of Girls Regarding Anemia: Its Causes, Consequences And Treatment

- Have you heard about 'pale blood' (Anemia)?
- What do you call that state when there is paleness of blood? What happens in the blood?
- What problems does a girl suffer from when she has 'pale blood'? How is the appearance of a girl who has suffered from 'pale blood'? (Signs, symptoms, consequences)
- What are the causes of 'pale blood'? (Two main causes – dietary intake of iron less, iron loss)
- Do you think you have 'pale blood'? Why?
- Mention the foods which
 - make the blood red
 - rich in iron
 - rich in vitamin C
- What is the relationship between tea drinking and anemia?
- Do you drink tea immediately before/ after meals?
- How can you improve the state of 'pale blood'? What is the treatment for pale blood?
- Have you ever seen iron tablets?
- Have you ever consumed these iron tablets?
- What are the benefits of consuming iron tablets?