When ceramics are not fired at high enough temperatures, the lead from the glaze can get into the food they contain. Lead is absorbed from ceramic glazes especially by acidic foods, like tomato sauce or cooked fruits, and hot drinks, such as coffee or tea. It is advisable not to use old, homemade or imported ceramics for storing soft, especially acidic, foods or liquids unless the ceramics have been tested for lead.

It is also best not to use ceramics for food if they are chipped or show a chalky gray residue after washing or if they are marked "For Decorative Purposes Only."

Certain other types of containers can also be a problem. Leaded crystal or old pewter used to store acidic foods might contaminate them with lead. The foil on imported wine bottled before 1996 can contain lead. Any lead can be removed from the lip of the bottle by wiping it with vinegar or lemon juice. Imported cans might have lead solder, evidenced by wide gray seams, which can contaminate food.

The printing on plastic bread bags contains lead. If they are used inside out to store food, it might become contaminated.
Lead smelters and lead-acid battery recycling plants still may emit dangerous amounts of lead into the air. The burning of waste containing lead, such as car batteries, old motor oil or old lead-painted wood, is also hazardous. Air can be contaminated if a commercial building or bridge is sandblasted, or if a lead-painted surface is sanded when a home is being renovated or repainted. Automobile emissions still contaminate the air with lead in countries where lead is used in gasoline, posing a danger to those visiting or living near the Mexican border. Lead is emitted by farm machinery that still uses leaded gasoline.
OTHER SOURCES

Lead is used as a stabilizer in some vinyl and PVC products. Several models of imported mini-blinds contain dangerous amounts of lead. Look for labels assuring that the blinds are lead free. If you have old imported blinds, wet clean them rather than dusting them with a dry cloth. High levels of lead have also been found in some vinyl children’s raincoats and back packs, cables to electronic toys, and various other plastic toys.

Ammunition is made from lead. Bullet making and handling can be a source of lead exposure. Game killed with lead shot might still have bits of lead in the meat.

Fishing weights are made from lead. Handling them, especially holding them in the teeth while attaching the line, can be a source of lead exposure.

Art supplies may contain lead. Read labels carefully and take precautions recommended for handling lead when making stained glass or jewelry. Keep these materials away from children and always clean up well before coming into contact with children. Watch out for lead when choosing art supplies for children. Look for statements that chalk, crayons, paints and modeling clay conform with voluntary standard ASTM D-4236.

Printed designs on old wallpaper, old or imported drinking glasses enameled jewelry and imported T-shirts could contain lead, as well as the gold on the rim of drinking glasses. Some calcium supplements may contain lead as well as some hair dyes.

Old painted furniture and toys can contain lead. Children can be poisoned by chewing on the arm of an old high chair or the bar of an old crib.

Playground equipment may be painted with lead-based paint, and poses a threat if it is peeling or flaking.

Any building where lead has been used in any way (an old garage or factory, a workshop where furniture was stripped, pottery was glazed or stained glass was made, an old fishing shack, etc.) will still pose a threat to anyone entering it and should be treated with great caution.
NUTRITION

A healthy diet is important to our children’s health and well being. A child is protected in many ways by eating meals and snacks that are low in fat and balanced, with plenty of grains, fruits, vegetables and protein foods (meat, poultry, fish, dairy, eggs, nuts or dried beans). We know that when our diets are out of balance with the natural and healthy way of eating, we increase our risk of cancer, heart disease, diabetes and obesity.

The foods that Native Americans have traditionally eaten have maintained balanced, good health for many generations. Game, fowl and fish, root vegetables, fruits, berries and nuts have traditionally been prepared by steaming, boiling, broiling and baking, without adding fats.

The food pyramid is a good guide to a healthy, balanced diet.

Less lead is absorbed on a full stomach, so if a child eats meals and snacks regularly, the lead that he or she might come into contact with will do less damage. As long as a child eats moderate amounts at each snack and meal plus gets a good amount of exercise, it is best that they eat not only regular meals but also regular, healthy snacks. Snacks do not have to be sweets and high-fat processed foods (such as potato chips, pastries, etc.), but can consist of fruits, cereals, vegetables, crackers, cheese, etc.

By learning from our traditions and being careful about food choices for our children, we can give our children a better future.
When children eat well, with plenty of calcium, iron, vitamin C, zinc, and selenium and not too much fat, their bodies can also protect them better against lead poisoning. A diet with generous servings of dark green leafy vegetables and fruits, whole grains and cereals, lean meats, seafood, and dried beans will provide good protection against lead poisoning.

Although a healthy diet is the best way for a child to get nutrients, nutritional supplements are sometimes recommended. Your doctor or nurse or a nutritionist can help you select the appropriate supplement.

Serve a low fat diet.

Avoid fried foods, fast foods, and processed snack foods (chips, pastries, ice cream, etc.) Steam, boil, broil and bake foods, rather than frying. Eat a minimal amount of butter, margarine, mayonnaise, and salad dressing. Serve low-fat dairy products. Note, however, that although added fat is not healthy for anyone, infants up to age two should be given breast milk, whole milk, or soy milk, not low-fat milk.

Serve foods rich in calcium.

- Fish (especially canned fish with bones) and fresh fish
- Dairy products
- Green leafy vegetables
- Black strap molasses
- Broccoli
- Tofu
- Peanuts
- Dried fruits
- Sunflower seeds
- Dried beans

Serve foods rich in iron.

- Sunflower seeds
- Beef
- Dried beans and peas
- Tuna fish
- Nuts
- Peanut butter
- Poultry
- Eggs
- Fish
- Shellfish
- Strawberries
- Raisins/dried fruit
- Tofu
- Wheat germ
- Black strap molasses
- Dark green vegetables
- Iron-fortified cereals
- Organ meats

Foods rich in vitamin C.

- Dark green vegetables
- Asparagus
Serve foods rich in zinc.

- Cauliflower
- Brussels sprouts
- Citrus fruits and juices
- Bell pepper
- Sunflower seeds
- Dried beans
- Shellfish
- Whole grains
- Dairy products
- Strawberries
- Tomato
- Potato with skins
- Eggs
- Poultry
- Fish
- Brewer’s yeast
ACTIVITIES TO TEACH YOUNG CHILDREN ABOUT LEAD POISONING PREVENTION

Lessons on lead poisoning prevention can be tied into a number of curriculum areas. The basic messages to teach children are:

• Lead poisoning can make them sick in a way they might not be able to get better from.
• A blood test can tell whether they have lead poisoning.
• They can get lead poisoned from paint, dust and dirt.
• If their home is old and has lead paint, it should be washed, mopped and wet wiped, not dusted, or swept and vacuumed with a regular vacuum cleaner.
• They should wash their hands with soap and warm water before they eat or sleep and after they play.
• They should leave their shoes near the outside door and wear slippers or socks when they are inside, or wipe their feet well on a mat before entering their home or day care.
• They should eat healthy foods.
• They should stay away from paint chips and dust.

Since the messages have to do with health and safety, hygiene, and nutrition, they can be worked into the curriculum in a variety of ways. Both indoor and outdoor safety are involved, because children can get lead poisoning from both soil outside and paint and dust inside. It can also tie in with a unit on community helpers, because doctors and nurses help protect children from being hurt by lead poisoning by determining whether they have lead in their blood. It can tie into gardening or springtime units dealing with dirt or mud play, since soil can contain lead as well.

Curriculum Tie-Ins Include:

• Health
• Growth and development
• Germs and how they spread
• Personal hygiene
• Disease and screening
• Housekeeping
• Nutrition/Cooking

• Gardening
• Community Helpers
• Doctors, nurses
• Safety in the Home
• Bike/outdoor safety
• Springtime, playing in dirt, mud

It is recommended that these activities be not be used all at once, but be spaced out over time, to be most effective.
Circle Time/Literacy Activities

Activity 1. Felt Board Story: *Two Friends Learn About Lead*

Objectives:
- To explain how children get too much lead in their bodies.
- To show how doctors find out about this lead and treat it.
- To describe actions that children can take to reduce the harmful effects of lead.

Key concepts
- When lead gets inside children’s bodies, it makes them sick.
- They will have to go to a doctor’s office or clinic to have tests done.
- If they have too much lead in their bodies, they will need to take medicine to get it out.
- There are four good ways for children to keep lead from getting into their bodies and staying there:
  - They should wash their hands with soap and water before they eat and sleep and after playing outdoors.
  - They should leave their shoes near the outside door and wear slippers or socks when they are inside their homes or daycare, or wipe their shoes well on a mat before entering.
  - They should eat healthy foods.
  - They should stay away from paint chips and dust.

Materials
- Felt board
- Felt board figures (see patterns)
- Story: “Two Friends Learn About Lead”

Preparation
- Make the felt board figures using the patterns provided. There are two easy ways to do so:
  1. Photocopy the pattern pages and cut out the patterns on the photocopy. (If necessary, enlarge the figures on the photocopier.) Trace the patterns onto pieces of felt available in many fabric, discount, and art supply stores. Use different colors for different objects. Decorate by writing on the shapes with markers or by gluing smaller, contrasting pieces of felt onto the shapes.
2. Photocopy the pattern pages and color in the objects on the photocopy. (If necessary, enlarge the figures on the photocopier.)
   • Cut out each object and glue a piece of felt onto the back.
   • Make a felt board using a large piece of felt and a cardboard backing.
   • The finished size should be about 2 feet by 3 feet, or large enough so that all the children can easily see the board and the figures.
   • Photocopy the story and fill in the blanks. Select a boy’s name and a girl’s name that are appropriate for your group. If necessary, modify the story to appeal to the children in your group.
   • Practice reading the story and placing the figures on the board until you feel confident that you can keep the children’s attention.

Setup
   • Place the felt board so that all the children in the group can see it.
   • Arrange the felt figures as they appear in the story and for ease of placement on the felt board.
   • Sit to one side of the board so that you can easily place the felt figures on the board and observe the children’s response to the story.

Procedure
   • Read the introduction aloud to prepare the children for the story.
   • Read the story and show the children the actions using the felt board and figures.
   • After the story, go over the discussion questions with the children.
   • Gently correct any wrong answers or misunderstandings.
   • Look for signs that a child may be overly worried or upset by the story.

Closure
   • Leave the felt board and story figures out and let the children retell the story in their own words.
   • Correct any misunderstandings that they may have.
<table>
<thead>
<tr>
<th>Possible Misunderstanding</th>
<th>Corrections</th>
</tr>
</thead>
<tbody>
<tr>
<td>All paint has lead, so painting at the easel isn’t safe anymore.</td>
<td>Easel paint and other paints used in the child care center do not contain lead. They are safe to use.</td>
</tr>
<tr>
<td>Pencils have lead, so they aren’t safe to use.</td>
<td>Even though people sometimes call the black part of the pencil “lead,” that material isn’t really lead, so pencils are safe to use.</td>
</tr>
<tr>
<td>Every time they get sick, it’s because they have too much lead in their bodies</td>
<td>Children get sick for many different reasons, including colds, flu, and other common childhood diseases. Their parents, guardians or doctors can find out what is making them sick.</td>
</tr>
</tbody>
</table>

- Talk to any child who seems worried or upset by the story. Try to discover what is bothering him or her. You may wish to speak with this child’s parent or guardian about his or her response to the story.