

**Intended outcome:**

Be able to recognize the food / ingredients that is helpful to anemia  
Hands-on experience on cooking-healthy-food-“cycle”  
Solidify knowledge learnt from the previous sessions

**Agenda:**

**Travel time: 1hr**

Public transport (x min):

Guide them around, Introduce (15 min):

List of ingredients to buy (rich in iron, vitamin C)

Group Task (20 min):

Some food are assigned -- for the food session in the afternoon

Some buy randomly, freely -- (Fun food making experiment)

Public transport back (x min):

**Questions to ask:**

How long exactly is it going to take to travel?

What are the products sold there?

How are the common interactions between buyers and sellers?