
NE LESSON MN-000-10

Good Nutrition During Pregnancy - Healthy Eating...For Two

OBJECTIVES:

- Participants will use the *Food Guide Pyramid* to evaluate a sample diet and suggest changes.
- Participants will name one thing they will change to improve their diet.

MATERIALS NEEDED:

- **Videotape:** *Good Nutrition During Pregnancy - Healthy Eating...For Two*, produced by Lemon-Aid Films, Inc., 2000, available in English and Spanish, 10 minutes - This video features information on the importance of weight gain during pregnancy, using the *Food Guide Pyramid* as a guide for healthy eating and choosing foods rich in folic acid, calcium and iron.
- Television and VCR
- *Angela's Worksheet* (attached)
- Pamphlet - *Eating for You and a Healthy Baby, too!*, stock no.13-197(a)
- Optional handouts
 - *Help for Common Problems During Pregnancy*, bilingual, stock no. 13-172
 - *To the Pregnant Woman Who is Gaining Too Much Weight*, bilingual, stock no. 13-77
 - *To the Pregnant Woman Who is Not Gaining Enough Weight*, bilingual, stock no. 13-78
- Flip chart, marking board or chalkboard
- Chalk or marker
- Pens or pencils

Note about New Lesson Survey Forms:

The first few times a new lesson is presented, staff and participants need to complete the survey forms attached at the end of this lesson. Please note that the staff survey form is different from the participant survey form. Only 10-20 participant surveys need to be completed. Please mail completed New Lesson Surveys to:

Delores Preece
Texas Department of Health
Bureau of Nutrition Services
1100 West 49th Street
Austin, Texas 78756

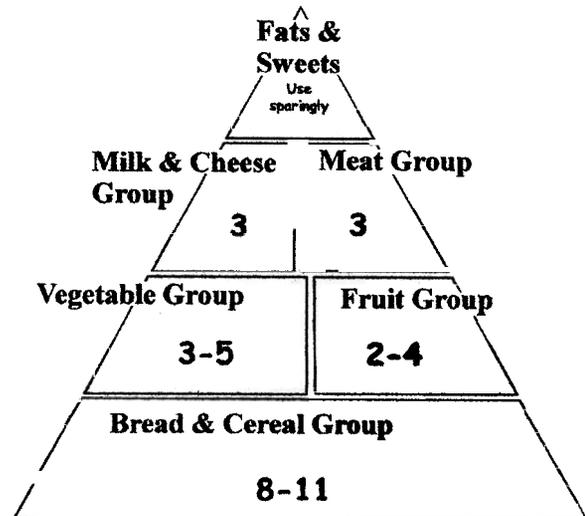


NE LESSON MN-000-10

Good Nutrition During Pregnancy - Healthy Eating...for Two

PREPARATION:

- Photocopy *Angela's Worksheet* (attached); each participant will need a copy of this worksheet.
- Write Angela's diet on a flip chart or marker board (refer to *Angela's Worksheet*). Write large enough for the entire class to see/read it. You do not need to write the food groups or number of servings.
- Draw pyramid on a flip chart or marker board. Draw large enough for the entire class to see/read it. Divide the pyramid into sections, label each section and fill in the number of servings a pregnant women needs daily from each group. Use the example to the right as a guide.
- Acquire copies of *Eating for You and a Healthy Baby, too!*, stock no.13-197(a). Each participant will need a copy. Gather together copies of optional handouts you plan to use.



Show the video: *Good Nutrition During Pregnancy - Healthy Eating...For Two*

ICEBREAKER:

Do you remember the statements that Joyce made in the video, “How we eat is their lifeline” and that “we are taking care of them while they’re inside?” Even now, before your baby is born, you are already taking care of your baby. How you are taking care of your baby right now is just as important as how you will take care of your baby after he or she is born. What are some things that you are doing, or maybe not doing, now to make sure you have a healthy baby, to make sure your baby is safe and healthy right now? Pause for participants’ responses. Write responses on a flip chart or marker board. Thank each participant that volunteers a response.

Possible responses include:

- not smoking
- avoiding secondhand smoke
- not drinking alcohol or taking drugs
- walking
- getting enough sleep
- keeping all my prenatal appointments
- taking vitamins
- taking iron supplement

- not taking over-the-counter medications
- eating less junk food
- drinking milk
- eating more fruits and vegetables
- eating better
- eating healthy snacks
- trying to gain the right amount of weight

INTRODUCTION

I can tell from the things you've named that you are already thinking a lot about your babies and how to give them a healthy start. Today, we're going to talk about eating healthy during pregnancy. First, I want to pass out a copy of this pamphlet (Give each participant a copy of *Eating for You and a Healthy Baby, too!*, stock no.13-197(a).) This pamphlet has a lot of good information in it about nutrition during pregnancy. Turn to page six in the back and look at the *Food Guide Pyramid*. The *Food Guide Pyramid* helps us make healthy food choices every day. It is a daily guide. Let's take a look at it.

First, notice that all foods are placed into groups. (Point to each group on the pyramid as it is mentioned.) At the bottom is the *Bread and Cereal* group. Then in the middle of the pyramid are the *Vegetable, Fruit, Milk* and *Meat* groups. At the very top of the pyramid is the *Fats and Sweets* group.

Each group on the pyramid provides our bodies with nutrients we need. For example, the *Milk and Cheese* group provides a lot of calcium, but is very low in iron. And, the *Meat* group is a great source of iron and not a good source of calcium. Fruits and vegetables supply us with vitamins A and C and fiber. Breads and cereals are high in B vitamins and fiber. In other others, we need to eat a variety of foods from each group to make sure our bodies and our babies get all the vitamins and minerals they need.

ACTIVITY

Today, we'll use the *Food Guide Pyramid* to examine how Angela is eating and make suggestions to improve her daily food choices. Display the pyramid and pass out worksheets and pens or pencils. Angela is 24 years old, 3 months into her pregnancy and wants to make sure she is eating right. This is everything Angela ate yesterday. (Display Angela's diet.) Let's compare what Angela ate yesterday to the *Food Guide Pyramid* on page six of the pamphlet. Use your worksheet to take notes during our discussion.

First, look at the pyramid, I've already written in the number of recommended servings Angela needs from each group. I got these numbers from the pamphlet. Show participants where the number of recommended servings is printed in the pamphlet (page 6). Notice the pyramid recommends 4 servings from the *Milk & Cheese* group for women *Under 20 years of age* and 3 servings for women 20 years and older. Because Angela is 24 years old, she will need 3 servings.

Now, let's see how Angela did. Display Angela's diet where participants can easily see it.

ANGELA'S DIET - Instructor's Guide

◆ BREAKFAST ◆

2 slices toast with jelly	Bread & Cereal Group	2 servings
¾ cup orange juice	Fruit Group	1 serving

◆ MORNING SNACK ◆

1 small muffin	Bread & Cereal Group	1 serving
Banana	Fruit Group	1 serving
Water		

◆ LUNCH ◆

2 tortillas	Bread & Cereal Group	2 servings
1 baked chicken leg	Meat Group	1 serving
½ cup rice	Bread & Cereal Group	1 serving
1 cup beans	Meat Group	1 serving
Tea		

◆ AFTERNOON SNACK ◆

Chips	Fats & Sweets Group
Soft drink	Fats & Sweets Group

◆ DINNER ◆

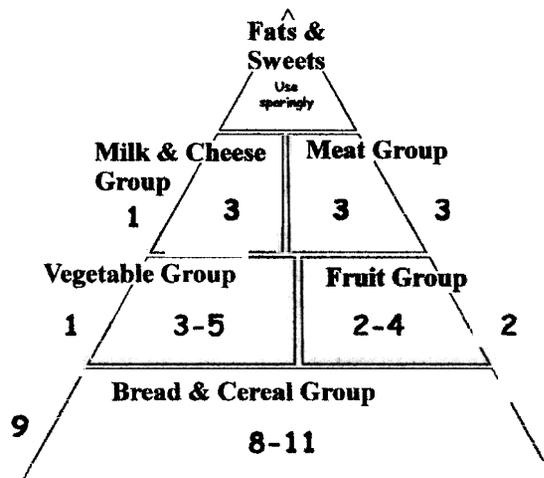
½ cup spaghetti	Bread & Cereal Group	1 servings
2 large meatballs	Meat Group	1 serving
½ cup tomato sauce with vegetables	Vegetable Group	1 serving
1 dinner roll	Bread & Cereal Group	1 serving
Tea		

◆ BEDTIME SNACK ◆

3 cups popcorn	Bread & Cereal Group	1 serving
1 ½ ounces cheese	Milk, Cheese & Yogurt Group	1 serving

I'll write the number of servings Angela had from each group outside the pyramid, you can do the same on your worksheet.

How many servings did Angela have from the *Bread and Cereal group*? Pause for participants' responses. Clarify the answer. Point to each serving as you count it. **She had 2 pieces of toast in the morning, that's 2 servings. Then she had a muffin for a snack, that's 3 servings.** Continue this process until all 9 servings are counted. Write "9" next to the pyramid section labeled *Bread and Cereal Group*. Continue this process with each food group until all servings from Angela's diet are counted and recorded outside the pyramid, next to the corresponding section. After this activity is complete, the pyramid should look like the example below.



Great job. Okay, what groups do you think Angela needs to work on? Pause for participants' responses. Clarify the answer. So, Angela needs to work on the *Milk, Cheese and Yogurt group* and the *Vegetable group*. Point to these 2 groups on the pyramid. Angela only had 1 serving from the *Milk, Cheese and Yogurt group* and 3 servings are recommended. Let's come up with some suggestions for Angela.

Remember, foods from this group generally contain a lot of calcium. Calcium is important for Angela and for her baby. Look at your pamphlet, remember that this group includes milk, yogurt, cheese, cottage cheese, and pudding, flan and soup made with milk. Point to the place on page 6 on the pamphlet where foods from the milk group are listed. Who can give Angela a suggestion? How can Angela change what she ate to get a couple more servings from the *Milk, Cheese and Yogurt group*? Who has a suggestion? Pause for participants' responses. Write responses on a flip chart or marker board. If participants do not respond after a short wait, probe with some of the following questions:

- What could Angela change about her diet?
- Could she add something to a food she ate?
- Could she replace something she ate or drank with something else?

Possible responses include:

- drink milk instead of iced tea and soft drink
- have cheese on toast instead of jelly
- have a bowl of cereal with milk instead of chips and soft drink at PM SNACK
- have yogurt or pudding as a snack
- drink a smoothie made with ice cream, milk, yogurt and fruit

Thanks for your ideas. Now, let's make it a little harder. Angela doesn't really like milk, cheese, yogurt, cottage cheese, cream soups, custard or flan. Take a look at page 7 of your pamphlet. There is a list of foods that are high in calcium. Point to the list titled *Foods High in Calcium* on page 7 of the pamphlet. What suggestions can you give Angela to make sure she and her baby get enough calcium everyday? Pause for participants' responses. Clarify the answer.

Possible responses include:

- drink orange juice with added calcium
- try making fruit smoothies using milk, yogurt and/or ice cream
- eat tofu
- eat broccoli
- take her prenatal vitamins

Thank you for your suggestions. Some other foods that are good sources of calcium are spinach, collard and turnip greens, almonds, canned salmon and canned sardines. So, even though Angela may not like milk or milk products she can still make sure she gets enough calcium by eating these other foods. However, one serving of most of these foods doesn't contain quite as much calcium as on serving of milk.

If time allows, cover the information on the *Vegetable group* included in this box.

The other group that we thought Angela needed to work on was the *Vegetable group*. The *Food Guide Pyramid* suggests how many servings per day from the *Vegetable group* for pregnant women? Pause for response. Clarify the answer. **That's right the pyramid suggests 3-5 servings per day. Angela only had 1 serving. Let's give her a couple of suggestions to help her eat more vegetables. What can she add? What can she change? Who has a suggestion? Pause for responses.**

Possible responses include:

- drink vegetable juice
- have a vegetable with her lunch meal
- snack on carrot and celery sticks
- add another vegetable to her dinner meal

EVALUATION

Finally, let's remember why we are talking about all this. Remember what Joyce said in the video, "How we eat is their lifeline" and that "we are taking care of them while they're inside." Now that we have used the pyramid to help Angela eat better, think about how you are eating. Someone tell us something you want to work on to make sure you are giving your baby the very best start. Pause for response. If participants do not respond after a short wait, probe with some of the following questions/statements.

- **Maybe you want to make sure you get 3 servings everyday from the *Milk, Cheese and Yogurt group* so you and your baby get all the calcium you need.**
- **Maybe you want to cut out some junk foods.**
- **Maybe you want to snack on fruits and vegetable instead of chips or sweets.**
- **Who has something they want to work on?**

Thanks so much for sharing. Does anyone have a question about what we've talked about today?

I have some handouts. On your way out, please pick-up the pamphlets you are interested in. One is about how to deal with common problems during pregnancy, like heartburn constipation and nausea (hold up 13-172). Another has tips for what to do if you are gaining too much weight and another, what to do if you're not gaining enough weight (hold up 13-77 & 13-78).

ANGELA'S WORKSHEET

◆BREAKFAST◆

2 slices toast with jelly	Bread & Cereal Group	2 servings
¾ cup orange juice	Fruit Group	1 serving

◆MORNING SNACK◆

1 small muffin	Bread & Cereal Group	1 serving
Banana	Fruit Group	1 serving

Water

◆LUNCH◆

2 tortillas	Bread & Cereal Group	2 servings
1 baked chicken leg	Meat Group	1 serving
½ cup rice	Bread & Cereal Group	1 serving
1 cup beans	Meat Group	1 serving

Tea

◆AFTERNOON SNACK◆

Chips	Fats & Sweets Group	
Soft drink	Fats & Sweets Group	

◆DINNER◆

½ cup spaghetti	Bread & Cereal Group	1 serving
2 large meatballs	Meat Group	
½ cup tomato sauce with vegetables	Vegetable Group	1 serving
1 dinner roll	Bread & Cereal Group	1 serving

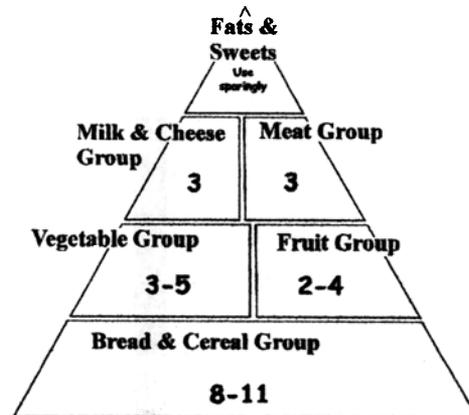
Tea

◆BEDTIME SNACK◆

3 cups popcorn	Bread & Cereal Group	1 serving
1 ½ ounces cheese	Milk, Cheese & Yogurt Group	1 serving

SUGGESTIONS FOR ANGELA

MY GOAL



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Good Nutrition During Pregnancy - Healthy Eating...For Two
New Lesson Survey - Staff

Local Agency # _____ Date: _____

1. Was the audiovisual easy to see and hear?

- a. yes b. no

2. Was the lesson easy to read and follow?

- a. yes b. no

3. What changes would you suggest for improving the lesson? _____

4. Was participant feedback:

- a. positive
b. negative
c. indifferent

5. Was the Spanish translation appropriate for your participants?

- a. yes b. no

6. Do you plan to use this audiovisual/lesson again?

- a. yes b. no

7. Additional comments: _____

Thanks for your comments!

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1100 West 49th Street
Austin, TX 78756

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Good Nutrition During Pregnancy - Healthy Eating...For Two
New Lesson Survey - Participants

1. I am (you may circle more than one):

- a. pregnant
- b. breastfeeding
- c. parent of an infant
- d. parent of a child
- e. family or friend
- f. teenager

2. How much did you like the video?

- a. a lot
- b. a little
- c. not at all

3. Do you plan to use the ideas from the lesson?

- a. a lot
- b. a little
- c. not very much

4. Do you think this is a good video to show at WIC?

- a. yes
- b. no

Why or why not? _____

5. What is the most useful thing you learned from the video and lesson today? _____

6. Other comments: _____

Thanks for your comments!

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