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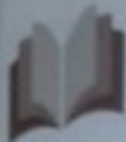
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Activity 1

Trimesters

Write a short paragraph about what physical changes happen to a foetus during each trimester.

Trimester 1 ((from the **first month** to the **third one**)).

In this stage, the fertilised egg forms an embryo inside the mother's womb. At first, this creation looks like a group of cells. From around eight weeks, the foetus is created. The foetal stage officially starts after 10 weeks of pregnancy.

Trimester 2 ((from the **fourth month** to the **sixth one**)).

In this stage, the foetus starts to make urine. Moreover, the first bowel movement which is "meconium" develops. The foetus gender will become apparent, and their musculoskeletal system is developing. Besides they can suck their thumb, and their finger prints form. Finally, their skin will be translucent & they will gain some fat.

Trimester 3 ((from the **seventh month** to the **ninth one**)).

In this stage, the foetus size will be uncomfortable for the mother and it might be more difficult for her to sleep. Near the end of this trimester, the foetus will turn & be in the position for child birth. The foetus' bones are fully formed in this stage & they can open & close their eyes. In this stage, their organs are fully formed.

Food groups

Write down the name of as many food groups that you can think of in the following spaces. Then try to think of what foods you would find in that food group. Share your answers with the class.

★ Name of food group	★ Food group contains
Milk & dairy products.	cheese, butter, cream & yogurt.
Vegetables.	Cucumbers, lettuce, zucchini & carrots.
Fruits.	Apples, strawberries, cherries & oranges.
Meat, Eggs & legumes.	Chickens, lentils, beans & peas.
Cereals & their products.	Breads, cornflakes, rice & pasta.

otes:

Discussion: Pregnancy

Discuss what you already know about pregnancy and answer the following questions.

How long does pregnancy last?

★ Pregnancy lasts 40-42 Weeks.

What do you think a woman should eat during pregnancy?

★ She should eat healthy food that contains lots of vitamins, nutrients & minerals. Eating unhealthy food can cause some disorders in to the mother & her foetus.

Do you think a woman should exercise during pregnancy?

★ Yes, I do. Because exercising is an essential thing for maintaining a healthy body weight & for keeping the foetus safe.

What should a baby eat when it is born?

★ He shouldn't eat the usual food that every one eats. The newborn ^{needs} ~~needs~~ the breastmilk from his mother and he will be fine with that.



Look at the following foods and nutrients. Match the nutrient with the food it comes from.

★ calcium	★ oranges
★ iron	★ milk
★ vitamin C	★ spinach
★ folic acid	★ red meat

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Read the statements. What is the expected weight gain for each of the women?
Write your answers in the space provided.

Amna has a BMI of 17 before pregnancy. How much weight is she expected to gain during pregnancy?

12.5 - 18 kg.

Noora has a BMI of 32 before pregnancy. How much weight is she expected to gain during pregnancy?

5 - 9 kg.

Reem has a BMI of 22 before pregnancy. How much weight is she expected to gain during pregnancy?

11.5 - 16 kg.

2 Healthy diet and requirements during pregnancy

STARTER Word search

Find the keywords listed in the table below.

Q T G A R E N P L C G N U I J
 C L L B V E L F X T Z B Q Z P
 S P S N T O M B R J H E S Z E
 I Y K A O A I S A T R I Z M N
 M D L L P D Z D R T W U W E I
 R O A V L B V A G T E M V A E
 F Q J T C A B F I R N G D T F
 W E I G H T A O R P V G E V F
 B B U U N T T R I R J Z D V A
 E K L G R O J R A T F D W S C
 S T N E I R T U N D F I P Y P
 B A D U M F L S K K H D Q R V
 P C V A I B O B W T Y Y G W F
 L E X O E X G L C S R B Y E D
 Y K O Y B A F S V S N E T H W

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✓ AVOID	✓ CAFFEINE	✓ WEIGHT	✓ FAT
✓ FOLATE	✓ MEAT	✓ NUTRIENTS	✓ VEGETABLE

Write a list of cereals and their products on the left of the table. Then, on the right of the table, write how you can include them in your diet. For example, rice can be used to make a biriyani. Share your answers with your class.

Cereals and their products	How it can be included in the diet
1) Grains .	It can be added to Pasta
2) Cereals .	It can be added to milk .
3) Breads . Bread .	cheese can be applied on it .
4) Rice .	It can be added to sushi roll .
5) Pasta .	It can be added to sauces .
6) Oats .	It can be added to milk .

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Meat, eggs and legumes

Think of as many meat and non-meat sources of foods from the meat, eggs and legumes group as you can. Write your answers under the correct heading below.

Meat sources	Non-meat sources
Fish .	Eggs .
lentils .	Dairy products .
Mushrooms .	Seeds .
Quinoa .	Milk - Almonds .
chickpeas .	Cheese - Peanut butter .
Almonds .	Beans - Soy .

Look at the following foods. Some of them are recommended for women to eat during pregnancy, and others are not recommended or should be limited. Circle the foods that are not recommended or that should be limited for women during pregnancy. *The answers are highlighted!*

orange	blue cheese	coffee	orange juice	sprouting vegetables
yoghurt	potato	chicken	banana	rice
salmon	carrot	tuna	low-fat milk	raw eggs

Discussion: Caffeine

Discuss with your class what food or drinks contain caffeine. Make a list of the items that contain it in the following space. Do some research to help you.

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1. Chocolates
2. Ice cream
3. Frozen yogurt
4. Breakfast cereals
5. Hot cocoa
6. Candy bars
7. Decaffeinated coffee
8. Sodas
9. Energy drinks
10. Energy bars

Unsaturated fats

You have been asked to give recommendations to a pregnant woman about how she can include unsaturated fats (good fats) in her diet. Think of two foods that contain unsaturated fats. In the spaces, write how she can include these foods in her diet.

- ★ 1. **Nuts**: She can add it to many healthy sweets like cakes. In addition, she can apply it on cereals & cornflakes.
- ★ 2. **Peanut butter**: She can apply it on breads & eat this as a sandwich.

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Research: Foods to avoid during pregnancy

Think of two foods that a woman should avoid when she is pregnant. Do some research to find out why she should avoid them. Explain your answers below. Share your answers with the class.

- + Food 1: **Caffeine**
Why should it be avoided?

Because it can reach the foetus and can be harmful.

- + Food 2: **Fish high in mercury**
Why should it be avoided?

Because it can be toxic to the foetus.

Fruit and vegetables

Write a list of fruits and vegetables on the left of the table. Then, on the right of the table, write how you can include them in your diet. For example, mushrooms can be added to an omelette. Share your answers with your class.

Fruit and vegetables	How it can be included in the diet
Strawberries & berries.	It can be added to cereals.
Tomatoes.	It can be added to ^{the} Pasta.
Potatoes.	It can be added to soup.
Oranges.	It can be added to cakes.
Bananas.	It can be added to smoothies.

Vegetables

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Can you think of any vegetables? Write their names in the space provided. How many did you get? Share your answers with the class.

1. Cucumber.
2. Pumpkin.
3. Potatoes.
4. Bell pepper.
5. Broccoli.
6. Cauliflower.
7. Lettuce.
8. Cabbage.
9. Carrots.
10. Onions.
11. Beet.
12. Radish.
13. Asparagus.
14. Garlic.
15. Okra.
16. Corn.
17. Peas.
18. Celery.
19. Coriander.
20. Beans.

7.2 Healthy diet and nutritional requirements during pregnancy

Discussion: Nutrient needs during pregnancy

Discuss with your class what you already know about the nutrient requirements during pregnancy. Make notes below.

- ♥ All nutrients are important during pregnancy. It is recommended that pregnant women should eat a variety of foods from each of the food groups to get the recommended amount of nutrients. Those nutrients can include folic acid, calcium, iron & vitamin C.



Activity 10

Getting more folic acid

Think of some recommendations that you would give a pregnant woman about how she can get more folic acid/folate in her diet. Write your recommendations in the following space.

- ① It is recommended that women take a supplement of 400 Mg of folic acid before pregnancy and should continue taking it to the 12th week of pregnancy. There are lots and lots of foods that contain folic acid such as spinach, broccoli and asparagus.
- ② Foods that are fortified with folic acid are also good for the mom & her fetus. Those can include breakfast cereals & breads.