

# Nutrition and Exercise During Pregnancy

## Summary

From the day you were born, you began preparing yourself to become a parent. Preparation for parenthood does not begin when a couple decides to have a baby. It is a life long process that involves good eating habits and physical health which will someday influence your children.

## Additional Core Ties

Adult Roles And Responsibilities

[Strand 5 Standard 2](#)

## Time Frame

1 class periods of 45 minutes each

## Instructional Procedures

Use the powerpoint presentation as a lecture guide on nutrition and exercise during pregnancy. Other attachments are information on above presentation. Lecture usually takes 30-45 minutes depending on student discussion and questions. This is also when I use the empathy belly to demonstrate the weight gain and difficult movement that are experienced during pregnancy.

## Bibliography

<http://www.obfocus.com>, <http://parentplace.com>,

## Authors

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