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

Authors
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