

Integrating Gender and Nutrition within Agricultural Extension Services

Activity Sheet
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Nutrition for Pregnant Females

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Target Audience:
Pregnant Females

Time:
60 minutes

Materials Needed:

- Cards of food that are high in particular nutrients and can be found in various food groups.
- Bowls (4-6 for the various groups)

References:

¹ The American Congress of Obstetricians and Gynecologists (2015). *Nutrition During Pregnancy*. Retrieved from www.acog.org/Patients/FAQs/Nutrition-During-Pregnancy on Aug. 14, 2016



Introduction

Proper nutrition is critical for pregnant women, especially for them to feel well and active, for the growth and health of the baby, to facilitate the delivery, and to support breastfeeding. The purpose of the “Nutrition for Pregnant Women” Activity Sheet is to encourage women to eat nutritious foods on a daily basis during pregnancy.

Objectives

At the end of the session, the participants will be able to:

1. Recognize the nutrients that pregnant females should be eating on a daily basis
2. Explain the importance of consuming these nutrients
3. Identify ways to eat well while pregnant
4. Create meals that contain these nutrients

Guide¹

Use the information below to explain how to eat well while pregnant:

- Your body needs extra energy, especially in the last months of the pregnancy
- Drink fluids throughout the day (8 cups of water)
- Eat 3 meals during the day
- Add nutritious snacks to your diet such as nuts, eggs, milk, bananas, avocado
- Eat fruits with your meals; it will help you utilize the iron.

Use the below table to explain the different nutrients, examples of food, and the reason a pregnant female needs to include these nutrients on a daily basis.

Table 1 Critical Nutrients for a Pregnant Female to Consume		
Nutrients	Importance	Examples of Food
Protein	Growth and development, provides energy and helps to repair parts of the body	Meat, fish, egg, milk, lentils, nuts, seeds
Vitamin A	Eye sight and reduces illness	Squash, dark leafy greens, pineapple, fish, liver
Folic Acid	Makes extra blood to help the growth and development of the baby	Lentils, kidney beans, dark green leafy vegetables, oranges, lemons, limes
Vitamin C	Heals wounds, repairs and maintains bones and teeth	Bell peppers, dark leafy greens, papaya, mango, tomatoes
Calcium	Build strong bones and teeth	Milk, cheese, yogurt

Iron	Red blood cells and reduces illness	Chickpeas, liver, fortified cereal, beans, lentils
Fluids	For hydration	Water, juice, soups

Active Learning Exercise

1) Prompt and awareness.

- a. Ask participants to raise their hands if they know the nutrients they should be consuming while pregnant and how to eat well while pregnant. For those who raised their hands, ask them to list these nutrients and how to eat well while pregnant (~5 minutes)
- b. Explain to participants the nutrients to consume on a daily basis and how to eat well on a daily basis (objectives 1 & 3). (~5 minutes)
- c. Ask participants to raise their hands if they know why these nutrients are important to consume. For those who raised their hands, ask them to indicate why these nutrients are important to consume (~5 minutes)
- d. Explain to participants the reasons to consume these nutrients on a daily basis (objective 2). (~5 minutes)
- e. On the board, write the various nutrients pregnant female need to consume. Place pictures of foods high in the particular nutrients on the board (objective 4). (~5 minutes)

2) **Group activity:** Create meals that incorporate these nutrients. Participants will make meals that incorporates these nutrients through the various foods following instructions.

- a. Arrange groups of no more than 4 people and provide them with a bowl. Each group makes 1 meal. (~5 minutes)
- b. Using small pictures of food items, have each group create a meal that incorporates these nutrients through various food groups (objective 4). (~10 minutes)
- c. Elect one group member to discuss the meal they created. Ask them if they would eat these meals. If yes, why (they should explain the importance of consuming these nutrients). If no, then why not (maybe they will explain barriers to eating a variety of foods and nutrients on a daily basis). (~10 minutes)

3) **Take home and conclusion.** End the session with asking the participants to identify the nutrients they should be consuming, the importance of consuming these nutrients, ways to eat well while pregnant, and the foods that contain these nutrients (objectives 1-4). (~10 minutes)

