

### Lesson 3

#### ASSIGNMENT

1. Develop a set of guidelines for four pregnant women;

- one who is in her first trimester
- one who is a vegan
- one who is obese and
- one who is at the start of her third trimester

Present your guidelines as you would a leaflet or brochure for these women, to assist them in making healthy food choices, and to understand what nutrients are especially important for them.

2. Why would a 16 year old who is pregnant require more calcium than a 28 year old pregnant woman?

3. Discuss the role of maternal nutrition in safe labour and delivery. Write a paragraph.

4. How important do you think maternal nutrition is in preventing congenital birth defects? Write a paragraph supporting your opinion. What other causes of such defects can you think of? List them.

5. Using the information you gathered in Set Task 1, list good sources of the nutrients in the table in the lesson.

6. Using the information you gathered in Set Task 2, create a table with columns for the condition name, symptoms/abnormalities, possible nutritional causes and preventions/treatments and outcomes for the baby long term. You can include columns for any other information you wish to also include.