

Name: _____

Hour: _____

VIDEO WORKSHEET

Review:

After watching Prenatal & Early Childhood Nutrition, answer the following questions.

1. How many additional calories does a woman who is pregnant need each day?

2. How many servings of each of the following food groups do pregnant women need each day?

Whole Grains: _____

Dairy: _____

Vegetables: _____

Fruit: _____

Protein: _____

3. What are some food safety precautions should a woman take if she is pregnant?

4. How can pregnant women avoid health risks like *Listeria* and *Toxoplasma*?

5. What are some substances in food to avoid?

6. What nutrients are important for pregnant women?

7. What are some of the benefits to the baby if the mother chooses breastfeeding?

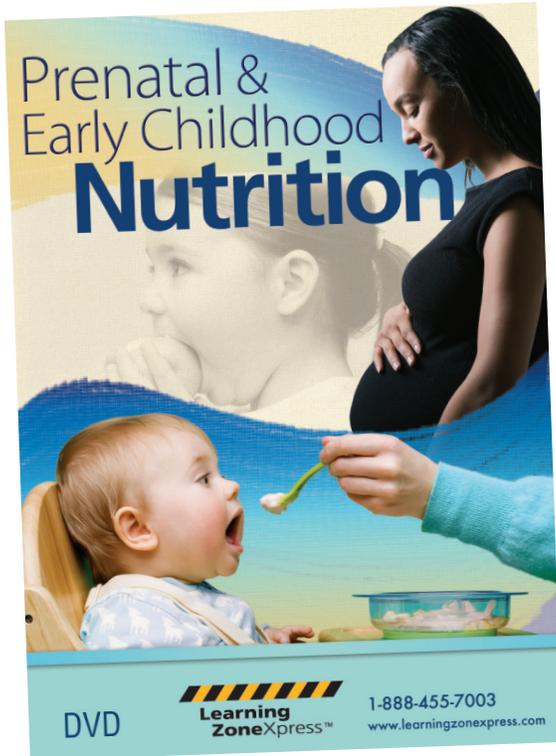
8. True or False. Calorie needs are higher during breastfeeding than during pregnancy.

9. What are some dietary considerations a mother must make while breastfeeding?



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ANSWER KEY

Review:

After watching Prenatal & Early Childhood Nutrition, answer the following questions.

1. How many additional calories does a woman who is pregnant need each day?

150-300 calories (150-200 calories/day for the first trimester)

2. How many servings of each of the following food groups do pregnant women need each day?

Whole Grains: **7-9 servings**

Dairy: **3 servings**

Vegetables: **3-4 cups**

Fruit: **2 cups**

Protein: **6 ounces**

3. What are some food safety precautions should a woman take if she is pregnant?

Practice good hand washing by washing for as long as it takes to sing Happy Birthday or Row,

Row, Row Your Boat and drying your hands properly.

Wash all fruits and vegetables before you eat them (including things you'd peel like an orange)

Cook foods to the proper internal temperature

Reheat leftovers to a high enough temperature

4. How can pregnant women avoid health risks like *Listeria* and *Toxoplasma*?

Avoid soft cheeses like goat cheese or Brie

Choose pasteurized dairy products

Read food labels

Avoid hot dogs and deli meats. If you choose to eat them, heat them before eating them.

Be careful at salad bars

Avoid sprouts

Avoid emptying the cat's litter box

5. What are some substances in food to avoid?

Hydrogenated fats

Alcohol (while pregnant and breastfeeding)

Caffeine (limit to 200 mg/day)

Mercury (found in certain fish)

6. What nutrients are important for pregnant women?

Omega-3 fatty acids

Vitamin D

Calcium

Folic acid (folate)

7. What are some of the benefits to the baby if the mother chooses breastfeeding?

Optimum nutrition

Protective effect – lower risk of ear infection, respiratory infection, lower risk of type 1 and 2 diabetes, lower risk of obesity

Bonding effect between mother and baby

Decreases risk of Sudden Infant Death Syndrome (SIDS)

8. **True** or False. Calorie needs are higher during breastfeeding than during pregnancy.
9. What are some dietary considerations a mother must make while breastfeeding?

Need additional calories each day

Need extra water

Check safety of over-the-counter medications
