

Nutrition during Pregnancy

Students will:

- Understand basic nutritional information
- Research basic nutrition facts
- Plan a nutritious, well balanced, attractive meal for a pregnant female
- Find the nutritional contributions and benefits of that meal for both mom and baby
- Prepare and evaluate a nutritious, well balanced, attractive meal in a group
- Analyze food intake

Fill in the chart and explain and evaluate your menu on the 6 considerations.

(Remember- when you look at the meal on the plate, does it have a variety of those 6 considerations. Example- Does it have a variety of color. Spaghetti is red and white, salad is green, bread is brown.)

Food Items Listed Below	Color	Flavor	Texture	Preparation	Size and Shape	Temperature

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Meal Evaluation for Pregnant Mom

Name _____

Write your complete menu here:

Why do you think this is a healthy meal? List each food item in your menu; explain how it is prepared and why you think each item is healthy.

Name the Food Item	How is this prepared	How is this healthy

Meal Evaluation

Name _____

Evaluate your meal

Evaluation Factors: You should have a variety within the meal of the following factors.	Describe your evaluation of each of the factors
Color	
Flavor	
Size and Shape	
Texture	
Preparation	
Temperature	

Evaluate how each food is nutritious for the mother and what it does for the baby

Food Item	How is this nutritious? What does it do for the mother? What for the baby?

Evaluation of your meal

Evaluation Factors: You should have a variety within the meal of the following factors.	Rate the following 5 high point 1 low in each category
Color	
Flavor	
Size and Shape	
Texture	
Preparation	
Temperature	
Effort of the group	

Compare and analyze your favorite foods at your favorite restaurant to the meal you planned for a pregnant female. How does the meal compare in nutrients and benefits for the mom and baby.

What can you conclude from the information you have gained by studying nutrition for the pregnant female?

