



Prenatal Care in a Bag



1. Draw a picture that depicts a pregnant woman at **3** different stages of pregnancy by trimesters and label.
2. Locate at least a **5** lettered feelings word and clip from a magazine that would describe how you'd feel if you just discovered you were having a child with a birth defect. Write an acrostic poem using the letters of the word you chose to describe your thoughts and feelings about having a child with a birth defect. Glue and write poem on a large index card.
3. Draw a picture on an index card showing examples of **3** different environmental hazards that a pregnant woman should beware of.
4. Find pictures of **3** different forms of exercise that would be safe for a pregnant female to participate in especially if she's never been accustomed to exercising. Glue examples to an index card and label.
5. Locate a healthy food from each of the **5** major food groups that a pregnant woman should consume during her pregnancy. Glue each food to an index card and label by food name, food group and major nutrient(s) provided.
6. Locate pictures of **5** unhealthy/junk foods that a pregnant female should limit in her diet. Glue each to an index card and briefly explain why the food is unhealthy.
7. Show **3** examples of medical care or important tests that a female would receive during her pregnancy. Glue or draw examples to index cards and explain.

8. Choose one inherited/genetic disorder that could be passed through defective genes. Describe its impact and characteristics on the affected child and family. Limit information to one large index card.
9. Identify the encouraged and healthy range of weight gain a female should gain during her pregnancy. Represent this in a creative way on an index card.
10. Write a paragraph (5-6 sentences) on an index card explaining what you've learned personally about prenatal care and why it's so important to the health of the unborn child. One per person and be sure to include your name on the card.



Date Due: _____

Name: _____

Group Members _____

Rubric

Criteria & Points	Present	Not Present
Hand drawn illustration of trimester stages & labels /6		
Acrostic poem from feelings word about a child with a birth defect /10		
3 Environmental hazards a pregnant woman should avoid /3		
3 Exercises that would be appropriate/safe for a pregnant woman /3		
5 Healthy Foods (one per food group) a pregnant woman should consume in her diet /15		
5 Unhealthy foods a pregnant woman should limit in her diet /5		
3 Examples of medical care a pregnant woman would receive /3.		
Genetic Disorder described on large index card /5		
Healthy Weight Gain Illustration / 2		
Personal Index Card expressing learned information /8		
Total Points: 70		

Comments: