

NUTRITION EDUCATION LESSON PLAN

Local WIC Provider:

	Colorado Expanded Food and Nutrition Education Program
Lesson Title: Eating Smart and Being Active During Pregnancy	Developed by: _____ Date: _____
MOWINS NE topic(s): Prenatal Nutrition	Reviewed by: <local agency nutritionist name> Review Date: _____
Other (document FNEP in general notes) and Target Population*: Prenatals	<input type="checkbox"/> Individual Counseling Session <input checked="" type="checkbox"/> Group Session

Learning Objective(s):

Pregnant women will choose foods and lifestyle behaviors to meet the specific needs of pregnancy.

Learning Activities:

Planning a healthy meal for pregnancy. How to address common pregnancy discomforts. Identify alternatives to unsafe foods during pregnancy.

Content:

Identify healthy favorite foods to incorporate into everyday eating. Identify resources in the community to address problems with smoking, drinking, drugs. Identify a healthy eating plan for pregnancy and nutritional needs during pregnancy. Identify discomforts of pregnancy and how to address them. Identify unsafe foods to eat during pregnancy and identify alternatives.

Methods, Materials, and Equipment

Visuals are used. If time and facilities allow, a demo is conducted.

Est. Cost:

Evaluation Method:

A retrospective pretest method is used – participants fill out evaluation card at the end of the lesson