
A Nutrition Education Program for Moms-to-Be



LESSON 2

Building Baby

LESSON 2 OVERVIEW

EVALUATION	DISCUSSION	GAMES	OPTIONAL ACTIVITIES
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Topics and activities included in this lesson are outlined in the table. It will take an hour to complete all of the items. In the event an hour isn't available, you need to select topics and activities to fit (1) your evaluation needs, (2) your time frame, and (3) needs of the moms-to-be.

Evaluation forms are included in this lesson. For EFNEP and SNAP-Ed evaluation efforts, the information on this form can be entered into the federal WebNEERS reporting system.

LESSON 2: BUILDING BABY	TIME (MIN)	PURPOSE OF ACTIVITY	ITEMS NEEDED
Let's Talk about You and Baby	2	Welcome and introduction	<ul style="list-style-type: none"> • "Today's Mom Leaders Guide" (FCS-2025) • Table tent name cards and markers
Lesson Overview	2	Overview of Today's Mom Lesson 2 – Building Baby	<ul style="list-style-type: none"> • "Today's Mom Leaders Guide" (FCS-2025)
Brain Teaser Evaluation: What Does Baby Eat?	15	EFNEP and SNAP-Ed evaluation data collection for WebNEERS "24-Hour Diet Recall" form from WebNEERS	<ul style="list-style-type: none"> • "Today's Mom Leaders Guide" (FCS-2025) • "What Does Baby Eat?" form (FCS-2066) • "What Does Baby Eat?" poster (FCS-2067) • Pencils and pens • "Current USDA Food Recommendations" handout (FCS-2030) • Star stickers
Fun with Baby: Building Blocks for a Healthy Baby	10	Healthy Eating for You and Your Baby	<ul style="list-style-type: none"> • "Today's Mom Leaders Guide" (FCS-2025) • "What Am I?" cards (FCS-2022) • Basket for game cards • Paper and marker for a scoreboard • Portion-size kit items: CD case, tennis ball, baseball, dice, computer mouse, plastic egg, and a deck of cards
Baby Talk: Healthy Wake Up	5	Importance of the morning meal	<ul style="list-style-type: none"> • "Today's Mom Leaders Guide" (FCS-2025)
Baby Talk: Healthy Weight Gain During Pregnancy	5	Healthy Weight Gain During Pregnancy	<ul style="list-style-type: none"> • "Today's Mom Leaders Guide" (FCS-2025) • "Where Does the Weight Go?" Poster (FCS-2083)

LESSON 2: BUILDING BABY	TIME (MIN)	PURPOSE OF ACTIVITY	ITEMS NEEDED
Relaxing with Baby: Precious Moments	5	Importance of relaxation exercises when pregnant and during labor	<ul style="list-style-type: none"> •“Today’s Mom Leaders Guide” (FCS-2025)
Fun with Food: Quick and Easy Meals	15	Illustrate the ease of preparing nutritious recipes Tasting Experiences	<ul style="list-style-type: none"> •“Today’s Mom Leaders Guide” (FCS-2025) •“Quick and Easy Meals” handout (FCS-2079) •Recipe (ingredients and cooking supplies)
Educational Reinforcement	2	Reinforce educational concept	<ul style="list-style-type: none"> •“Today’s Mom Leaders Guide” (FCS-2025) •Broccoli salad recipe magnet (FCS-2014) (Artwork available at www.aces.edu/todaysmom)
Q&A	2	Today’s Mom question and answer	<ul style="list-style-type: none"> •“Today’s Mom Leaders Guide” (FCS-2025) •“Today’s Mom Appointment” card (FCS-2023)
Lessons Learned	2	Conclusion of lesson	<ul style="list-style-type: none"> •“Today’s Mom Leaders Guide” (FCS-2025)
More to Come on Baby	2	Next class information	<ul style="list-style-type: none"> •“Today’s Mom Leaders Guide” (FCS-2025)



Let's Talk about You and Baby

 2 minutes

N **NOTE TO EDUCATOR:** As moms-to-be arrive, welcome them back to class. Have them pick up their tent name cards.

R **EDUCATOR READS ALOUD:** Good morning/afternoon, my name is (Name of Educator). I would like to welcome you back to Today's Mom. Before we begin today's lesson, let's talk about what we learned in the first lesson.

Your baby is 1 week older this week. What size do you think your baby is now? Think about the fruit and vegetable comparison we used in the first lesson.

How many of you tried any of the helpful tips for common pregnancy discomforts? What were they? Did they seem to help?

How many of you have added more physical activity to your daily routine? What are some ways you can add more physical activity to your routine?

Optional: Are you using the pedometers you received last week?

Building Baby Overview

 2 minutes

N **NOTE TO EDUCATOR:** Customize the purpose of Building Baby based on activities you selected from the Lesson 2 overview table. Review the selected activities in advance.

R **EDUCATOR READS ALOUD:** For the next several weeks, you and your baby will share the same body. If you eat well, get enough rest, and live a healthy lifestyle, so does your baby.



ACTIVITIES

Brain Teaser Evaluation: What Does Baby Eat?



15 minutes

R EDUCATOR READS ALOUD: What foods do you like to eat? What are some of the foods you eat most often? When you are pregnant it is important to eat a lot of different foods. Good foods will help you stay healthy and help your baby to grow. Remember: What you eat is what your baby eats. Eating a wide variety of foods can be a real challenge when you're suffering from morning sickness. If this is the case, try the helpful tips for morning sickness we discussed last week.

N NOTE TO EDUCATOR: Distribute “What Does Baby Eat?” form. Have moms-to-be complete the information as you read aloud from the “What Does Baby Eat?” poster.

R EDUCATOR READS ALOUD: We want to find out what kinds of food your baby eats by using the form called “What Does Baby Eat?”

1. Fill in your name.
2. Are you pregnant? Check yes or no.
3. Are you breastfeeding? Check yes or no.
4. Do you take prenatal vitamins? Check yes or no.
5. How much did you spend on food last month? This includes food purchased with money, food stamps, and vouchers. It also includes food purchased at restaurants, from the corner store, and from vending machines.
6. How much time do you spend doing physical activity? Have moms-to-be indicate the amount of moderate physical activity they usually participate in by checking the box that applies.
7. List everything you had to eat and drink in the last 24 hours. Ask participants to think about everything they ate and drank during the whole day—from the first thing in the morning until the last thing at night—and write it on the form.

It often helps people to remember what they ate if they think of the times of day they ate and write that down. Lead them back through the day. What was the food they ate most recently? What were the foods before this? Continue back until you have a 24-hour time frame.

Explain to participants we are asking for this information in order to learn more about the way they eat. Let them know we will provide them with a personalized printout about their diet at the next lesson.

Food and drinks: Have them write the name of the food or drink item in the second column, providing as much detail as possible. For example, have them write “Froot Loops with 2% milk” instead of “cereal and milk.” Include condiments and sauces such as mayonnaise, jelly, butter, ketchup, and mustard.

Have participants describe how each food item was prepared. For instance, was the pork chop fried, barbecued, or baked? If the food item was from a restaurant, have the mom-to-be write the name of the restaurant and what the item is called at the restaurant.

Amount eaten/drunk: Have them write in the last column the quantity of each food/beverage item consumed. Be as specific as possible. For instance, instead of “a glass” write “1 cup” or “8 ounces.”

Check that each participant has completed all columns with as much detail as possible.

Please leave the space marked “For Office Use Only” blank.

N NOTE TO EDUCATOR: All evaluation information for each participant must be entered into the EFNEP federal WebNEERS, and a “One Day Food Recall Summary Report” must be printed for each participant before the next class. The “One Day Food Recall Summary Report” will be discussed with the class participants as an activity in Lesson 3.

R EDUCATOR READS ALOUD: The completed “What Does Baby Eat?” form will be used for the next activity.

N NOTE TO EDUCATOR: Show the current USDA food recommendation. Give each mom-to-be a copy of the USDA food recommendation. (For the most current USDA food recommendation, visit www.FNS.USDA.gov.)

R EDUCATOR READS ALOUD: This is a guide produced by the United States Department of Agriculture, or USDA. It helps us to determine how much and what kinds of foods we need to eat daily. Each of these food groups provides some, but not all, of the nutrients we need. Foods in one group cannot replace those in another.

The current USDA food recommendation tells us to eat from all food groups daily. Different types of food contain different nutrients. A nutrient is a substance needed for maintaining good health. There are five nutrient groups: proteins, carbohydrates, fats, vitamins, and minerals (and water, too!). All nutrients need to be included in the diet during pregnancy. Additional calories are needed to provide the energy required by you for the extra demands of pregnancy and by your baby for growth and development. Moms-to-be need approximately 300 extra calories per day. Choose foods with vitamins and minerals that you and your baby need for a healthy pregnancy. Make choices low in “empty calories.”

What are empty calories? They are calories from added sugars in foods such as soft drinks and desserts, and from solid fats in foods like fried foods, fatty meats, and whole milk.

N NOTE TO EDUCATOR: For this activity, use star stickers and the information on the “What Does Baby Eat?” form.

R EDUCATOR READS ALOUD: Let’s see how your baby is eating. We are going to compare your “What Does Baby Eat?” answers to the current USDA food recommendation.

First, look at everything you had to eat. In particular, look at every time you ate a cup or an ounce of food from a particular food group. Now, take a sticker for each food you ate and place it on the corresponding food group of the USDA food recommendation list.

N NOTE TO EDUCATOR: Show the sample you completed ahead of time. To demonstrate the amounts for each food group, you can use any combination of paper or plastic food models if available.

R EDUCATOR READS ALOUD: Let's use a slice of pizza as an example. The cheese on the pizza fits into the dairy group, the crust into the grain group, the tomato sauce and other vegetables into the vegetable group, the pineapple into the fruit group, and any meat toppings into the protein group.

If you ate anything that would be considered “empty calories,” put the star sticker on the outside of the food groups, anywhere in the white area.

N NOTE TO EDUCATOR: Have moms-to-be compare the number of stickers they placed on the USDA food recommendation list with the suggested amounts in the different food groups.

R EDUCATOR READS ALOUD: Did you get enough foods from each group? Were there missing amounts from a particular food group? What would be a good food to eat for the missing food group? How many stickers did you have for “empty calories”?

Fun with Baby: Building Blocks for a Healthy Baby 10 Minutes

D DIRECTIONS: Divide the group into two teams: Team Blue and Team Pink. The group with the mom-to-be with the closest due date gets to go first. Place “What am I?” cards in the basket and draw randomly. Once a clue is drawn, read it aloud. If the team answers correctly, they will receive ten points. The team with the most points at the end wins.

Keep track of points on a sheet of paper.

N NOTE TO EDUCATOR:
Use the portion-size kit for an easy way to help your moms-to-be visualize portion sizes.



Fruit: Kiwi

CLUES

- I am oval shaped.
- I am green inside and out.
- I have small black seeds.
- I am from New Zealand.
- I am long and narrow.
- I am the fuzzy one.

USDA FOOD RECOMMENDATION FOR FRUIT

- Insert the most current USDA food recommendation.

IMPORTANT NUTRIENTS

- Vitamin C: helps Baby's skin stay soft and pretty
- Fiber: helps move food through Baby's body

PORTION SAMPLES

- 1 medium fruit or 1 cup of berries = 1 tennis ball
- ¼ cup dried fruit = 1 egg

Vegetable: Tomato

CLUES

- I start out green.
- I am red when ripe.
- I can be as large as a baseball or as small as a marble.
- I grow on a vine.

USDA FOOD RECOMMENDATION FOR VEGETABLES

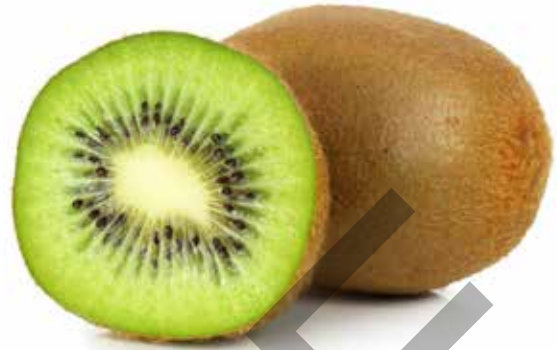
- Insert the most current USDA food recommendation.

IMPORTANT NUTRIENTS

- Vitamin A: helps Baby's eyes adjust to light
- Fiber: helps move food through Baby's body

PORTION SAMPLES

- ½ cup vegetables = 1 mouse
- 1 cup raw leafy vegetables = 1 baseball



Grain: Bread

CLUES

- I can be white or brown.
- I have seeds sometimes.
- I am eaten plain or with a meal.
- I am oblong or round.
- I can be French or Italian.



USDA FOOD RECOMMENDATION FOR GRAINS

- Insert the most current USDA food recommendation.

IMPORTANT NUTRIENTS

- Carbohydrates: help supply energy to Baby
- B vitamins (thiamine, riboflavin, niacin, folate): help Baby's body use other nutrients

PORTION SAMPLES

- ½ cup of rice = 1 mouse
- 1 cup of cereal = 1 baseball

Protein: Fish

CLUES

- I am white inside.
- I have scales.
- I live in water.
- I am hooked after one bite.
- I love swimming.

USDA FOOD RECOMMENDATION FOR PROTEIN FOODS.

- Insert the most current USDA food recommendation.

IMPORTANT NUTRIENTS

- Protein: helps Baby to grow strong
- Iron: helps Baby's body use oxygen

PORTION SAMPLES

- 3 ounces of meat = 1 deck of cards
- ½ cup of nuts = 1 egg



Dairy: Milk

CLUES

- I can be white, brown, or pink.
- I come in many different flavors.
- I am good with cereal.
- I make a great mustache.

USDA FOOD RECOMMENDATION FOR CALCIUM-RICH FOODS.

- Insert the most current USDA food recommendation.

IMPORTANT NUTRIENTS

- Calcium: helps make Baby's bones and teeth strong
- Protein: helps Baby to grow strong

PORTION SAMPLES

- 1 cup of milk = 1 baseball
- 1 ounce of cheese = 2 dice



R EDUCATOR READS ALOUD: Baby depends on you to eat the foods that are the building blocks for a healthy body. Making smart food choices can help you have a healthy pregnancy and a healthy baby.

Baby Talk: Healthy Wake Up

 5 Minutes

N NOTE TO EDUCATOR: This activity provides moms-to-be with a chance to make healthy breakfast choices. Each mom-to-be will have her own breakfast favorites. There is no perfect breakfast. Encourage moms-to-be to make healthy choices to prepare on their own.

Those who skip breakfast often make up for it later in the day by eating larger meals. Some also may snack on high-fat and high-sugar foods.

R EDUCATOR READS ALOUD: Eating breakfast is the way to start the day with a lot of energy. Think of your body as a car that has run all day and is low on fuel. After a long rest all night, it may not run as it should or perhaps not at all. Your body is very similar. It awakens in a slowed, fasting state and needs fuel to get it moving. A healthy breakfast refuels your body. A person who chooses to eat breakfast usually will find her ability to concentrate and solve problems is better than a person who doesn't eat breakfast.

IDEAS FOR A QUICK BREAKFAST:

- Instant oatmeal, milk, banana
- Crackers, cheese, apple wedges
- Whole-wheat toast, yogurt, orange
- Cold cereal, milk, strawberries
- Ham-and-cheese sandwich on whole-wheat bread, glass of orange juice
- Peanut butter and sliced banana on a toasted English muffin, glass of milk

R EDUCATOR READS ALOUD: What foods do you like to eat in the morning? Any food that supplies energy and nutrients is fine. These foods may include everything from oatmeal to hamburgers, fruit to peanut butter-and-jelly sandwiches and pancakes to pizza. What foods do you think may not be good choices for breakfast?

(Answers may include items such as candy, soda pop, and sweet tea.)

TIPS FOR A BALANCED BREAKFAST:

- Add sliced almonds to cereal or oatmeal.
- Add fresh blueberries, raspberries, or strawberries to cereal or oatmeal.
- Add yogurt to a high-fiber cereal.
- Have a glass of 100 percent juice (orange, apple, cranberry).
- Have an egg with wheat toast and half a grapefruit.

R EDUCATOR READS ALOUD: Calcium-rich foods are important for your body and your baby's. Your body needs the calcium found in milk and milk products to build and maintain strong bones. Your heart muscles and nerves also need calcium to function properly. Your baby needs the calcium to grow strong bones and teeth, a healthy heart, nerves and muscles, a normal heart rhythm, and blood-clotting abilities. What calcium-rich foods would you eat for your morning meal?

(Answers may include yogurt, cheese toast, cottage cheese, and, of course, glass of milk.)

R EDUCATOR READS ALOUD: Breakfast is a vital tool for preventing nausea. It gives the blood sugars a boost and begins to neutralize stomach acidity. Skipping breakfast usually only makes morning sickness worse. A healthy breakfast is important in the growth and development of your baby. Eat breakfast every day.

Baby Talk: Healthy Weight Gain During Pregnancy 5 minutes

N NOTE TO EDUCATOR: Use the “Today’s Mom Weight Gain” poster.

R EDUCATOR READS ALOUD: All pregnant women need to gain weight during pregnancy. This weight gain is needed for the proper development of your baby and for the added growth of the uterus, breasts, blood, and other fluids and tissues needed to support your baby.

R EDUCATOR READS ALOUD: Why is weight gain important during pregnancy? The extra weight you gain during pregnancy provides nourishment for your baby and also is stored for breastfeeding your baby after delivery. Eating for your baby is important.

The amount of weight you should gain during pregnancy depends on your weight before pregnancy.

Gaining a healthy amount of weight based on your weight before pregnancy will help you have a more comfortable pregnancy and delivery.

Gaining too little weight makes it hard for your baby to grow properly. Gaining too much makes it more likely that you will have a longer labor and more difficult delivery. It also makes it harder to return to normal weight after your baby is born. Remember: Pregnancy is not the time to lose weight.

By eating the right kinds of food, you will have the nutrients and energy you need to build a healthy baby.

When you gain the right amount of weight, your baby has a better chance of gaining the right amount of weight too. Babies who don't weigh enough at birth have a greater chance of being sick or dying during the first year of life.

How much weight should you gain during pregnancy? Everyone is different. Your health care provider should decide what the right weight gain is for you. For a female who is of normal weight before becoming pregnant, she should gain between 25 and 35 pounds.

This is where the weight will go:

BABY:	7–8 pounds (about 3 to 3.6 kilograms)
BREAST TISSUE:	2 pounds (about 1 kilogram)
LARGER UTERUS:	2 pounds (about 1 kilogram)
PLACENTA:	1.5 pounds (about .07 kilogram)
AMNIOTIC FLUID:	2 pounds (about 1 kilogram)
INCREASED BLOOD VOLUME:	3–4 pounds (about 1.4 to 1.8 kilograms)
INCREASED FLUID VOLUME:	3–4 pounds (about 1.4 to 1.8 kilograms)
FAT STORES:	6–8 pounds (about 2.7 to 3.6 kilograms)

Total weight gain: 25–35 pounds

N NOTE TO EDUCATOR: If a mom-to-be was underweight before becoming pregnant, she may need to gain 28 to 40 pounds. If she was overweight, she may need to gain 15 to 25 pounds. If she was obese, she may need to gain 11 to 20 pounds.



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Where does the weight go?

A 25- to 30-pound pregnancy weight gain breaks down like this:

Breast Tissue
2 pounds

Fat Stores
6 to 8 pounds

Increased Fluid Volume
3 to 4 pounds

Larger Uterus
2 pounds

Baby
7 to 8 pounds

Placenta
1.5 pounds

Increased Blood Volume
3 to 4 pounds

Amniotic Fluid
2 pounds

How much weight should I gain?

The amount of weight a woman should gain is based on many factors. This table provides general guidelines for weight gain based on prepregnancy weight. Talk to your health care provider about the weight gain appropriate for you.

Prepregnancy weight	Recommended weight gain
Underweight	28 to 40 pounds
Normal weight	25 to 35 pounds
Overweight	15 to 25 pounds
Obese	11 to 20 pounds

Teens or women carrying multiples should check with their health care provider about appropriate weight gain. The information in this chart is not intended to replace the advice of a health care professional. Source: MayoClinic.org

www.aces.edu



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Relaxing with Baby: Precious Moments

 5 minutes

R EDUCATOR READS ALOUD: Pregnancy can be a stressful time in your life. To help cope with stressful situations, try this breathing exercise. The key to deep breathing is to breathe deeply from the abdomen, getting as much fresh air as possible into your lungs. When you take deep breaths from the abdomen, rather than shallow breaths from your upper chest, you inhale more oxygen. The more oxygen you get, the less tense, short of breath, and anxious you feel.

Sit comfortably with your back straight. Put one hand on your chest and the other on your stomach.

Breathe in through your nose. The hand on your stomach should rise. The hand on your chest should move very little.

Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little.

Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Count slowly as you exhale.

If you find it difficult breathing from your abdomen while sitting up, try lying on the floor. Put a small book on your stomach and try to breathe so that the book rises as you inhale and falls as you exhale.

Fun with Baby: Quick and Easy Meals

 15 minutes

N NOTE TO EDUCATOR: Choose a recipe or a tasting experience based on the amount of time available during class.

R EDUCATOR READS ALOUD: Today's recipe is good for you and your baby. It is quick and easy to make.

N NOTE TO EDUCATOR: Distribute "Quick and Easy Meals." Discuss with the group the recipe you will be preparing. Emphasize the importance of washing your hands prior to preparing recipes or touching food. Ask for a volunteer to read the recipe to be prepared. As the moms-to-be taste the food, discuss the different flavors and textures in the food. You may want to get ideas from the moms-to-be on how to improve or change the recipe. Discuss ways to make the recipes or portions of the recipes ahead of time. Discuss other foods to serve with the recipes to make a complete meal. Review the other recipes so moms-to-be can make them at home.

Educational Reinforcements

 2 minutes

N **NOTE TO EDUCATOR:** Distribute broccoli salad recipe magnet to participants if available.

R **EDUCATOR READS ALOUD:** Today you are receiving a broccoli salad recipe magnet. Place this magnet on your refrigerator to keep handy when making broccoli salad for you and your family.

Q&A

 2 minutes

R **EDUCATOR READS ALOUD:** Does anyone have any questions about anything we discussed today?

Lessons Learned

 2 minutes

N **NOTE TO EDUCATOR:** Announce the team winner of the game.

R **EDUCATOR READS ALOUD:** Almost all moms-to-be need more of certain vitamins and minerals (such as folic acid and iron), more whole grains, and more calories in their daily diet. If your diet is poor, making the transition to healthy eating is one of the best things you can do for your baby. But eating better doesn't mean eating more, at least not much more. Remember: You only need about 300 additional calories per day during pregnancy.

Before we conclude today's lesson, let's do a quick review.

- What are the five food groups?
Vegetables, fruits, grains (especially whole-grain), calcium-rich foods, and lean protein
- What are some foods with iron?
Egg yolk, liver, beef
- Which group has vitamin C as a nutrient?
Mainly fruits but can be vegetables
- Why do you need to eat something for breakfast?
A healthy breakfast refuels your body.
- How much weight should a woman of normal weight gain during pregnancy?
25-35 pounds

More to Come on Baby

 2 minutes

R **EDUCATOR READS ALOUD:** I hope everyone enjoyed today's class. If there are any other questions you would like to ask, I will be here for a few more minutes. Thank you for participating in Today's Mom. I am giving each of you an appointment card with the date and time for the next Today's Mom class. I hope you have a great week. See you next time.