A Nutrition Education Program for Moms-to-Be

Today’s MOM
Expanded Food and Nutrition Education Program

From Seed to Melon
Flip Chart
Month 1

Baby is the size of an Apple Seed

- Baby is the size of an apple seed, less then ¼ inch long.
- Baby’s heart begins to beat.
- Baby’s brain and spinal cord begin to form.
Month 2

Baby is the size of a grape, about \( \frac{3}{8} \) inch.
- Baby’s major organs and systems are formed but not completely developed.
- Baby’s hands, legs, face, ears, and eyes begin to form.
Month 3
Baby is the size of a Lime

- Baby is the size of a lime, about 2 inches, and weighs about 1/3 ounce.
- Baby’s heartbeat can be heard.
- Baby’s fingers and toes have soft nails.
- Baby’s mouth has 20 teeth buds.
- Baby’s sex will become apparent.
- Baby can smile and frown.
Month 4

Baby is the size of an avocado, about 4½ inches, and weighs about 3½ ounces.

- Baby’s can hear voices, move, kick, and swallow.
- Baby’s digestive system is forming.
- Baby’s hair is beginning to grow.
Month 5
Baby is the size of a Sweet Potato

- Baby is the size of a sweet potato, about 6½ inches, and weighs about 10 ounces.
- Baby’s fingernails have grown and eyelashes have formed.
- Baby is more active, turning head over heels and from side to side.
Month 6
Baby is the size of a

Head of Lettuce

- Baby is the size of a **head of lettuce**, about 14 inches, and weighs about 1¾ pounds.
- Baby can cry, hiccup, and grip with its hands.
- Baby’s brain is developing rapidly.
- Baby’s eyelids are beginning to part, and eyes can open.
Month 7
Baby is the size of a pineapple

- Baby is the size of a pineapple, about 16¾ inches, and weighs about 3¾ pounds.
- Baby can open and close its eyes and suck its thumb.
- Baby exercises by kicking and stretching.
- Baby uses the four senses of vision, hearing, taste, and touch.
Month 8

Baby is the size of a cantaloupe.

- Baby is the size of a **cantaloupe**, about 18 ¼ inches, and weighs about 5 ¼ pounds.
- Baby’s brain continues to develop.
- Baby is growing rapidly.
Baby is the size of a honeydew melon, about 19 1/4 inches, and weighs about 6 1/2 pounds.

- Baby's lungs are fully developed.
- Baby is growing at a much faster rate.
End of 
Month 9

Baby is the size of a

Watermelon

- Baby is the size of a **watermelon**, about 18 to 20 inches, and weighs about 6½ to 8 pounds.
- Baby is ready for birth.
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Stephanie Helms, Extension Specialist, Family and Consumer Sciences
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