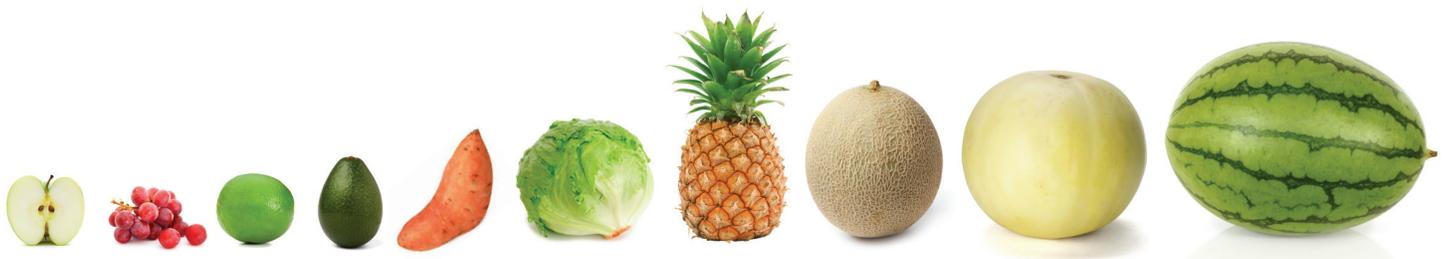

A Nutrition Education Program for Moms-to-Be



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 than $\frac{1}{4}$ 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

- Baby is the size of a **grape**, about $\frac{2}{3}$ 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 $\frac{1}{3}$ 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

- Baby is the size of an **avocado**, about 4½ inches, and weighs about 3⅓ 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 1 $\frac{3}{4}$ 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 16 $\frac{3}{4}$ inches, and weighs about 3 $\frac{3}{4}$ 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 $\frac{1}{4}$ inches, and weighs about 5 $\frac{1}{4}$ pounds.
- Baby's brain continues to develop.
- Baby is growing rapidly.

Beginning of
Month 9

Baby is the size of a



Honeydew Melon

- Baby is the size of a **honeydew melon**, about 19 $\frac{1}{4}$ inches, and weighs about 6 $\frac{1}{3}$ 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.



Stephanie Helms, *Extension Specialist*, Family and Consumer Sciences

Published by the Alabama Cooperative Extension System (Alabama A&M University and Auburn University), an equal opportunity educator and employer.

© 2015 by the Alabama Cooperative Extension System. All rights reserved.

www.aces.edu