# Lesson 3: Healthy Pregnancy

# **Cluster of Learning Outcomes**

Students will...



- ✓ K.5.S2.E.1c Describe the importance of and conditions for a healthy pregnancy (e.g., avoidance of alcohol and tobacco, proper nutritional intake...).
  - **K.4.S2.C.1a** Describe the behaviours necessary for providing others with support (e.g., listen to a friend in difficulty...) and promoting emotional health and well-being.
- ✓ Indicates targeted learning outcome.

#### Lesson Focus

As a result of the learning activities within this lesson students will be able to

- list conditions necessary for a healthy pregnancy
- present evidence supporting the necessity of these conditions

### Resources

**Resource Masters** (See Appendix C)

- RM 6: Fetal Circulation
- RM 7: Personal Care during Pregnancy
- RM 8: Pregnancy and Alcohol/Drugs

#### **Print/Publication**

 Manitoba Addictions Awareness Week (MAAW) Committee. Manitoba Addictions Awareness Week: Resource Kit. Winnipeg, MB: MAAW Committee, current annual publication. Available from Addictions Foundation of Manitoba.

#### **Organizations/Websites**

- Addictions Foundation of Manitoba: <a href="http://www.afm.mb.ca/">http://www.afm.mb.ca/</a>
- Health Canada: <http://www.hc-sc.gc.ca/>

#### Professionals

- Elder/religious leader
- guidance counsellor
- physician
- public health nurse

# Notes to Teacher

Prior to class, read the following resource masters:

- RM 6: Fetal Circulation
- RM 7: Personal Care during Pregnancy
- RM 8: Pregnancy and Alcohol/Drugs

Information on substance abuse in pregnancy is available from the Addictions Foundation of Manitoba: <a href="http://www.afm.mb.ca/">http://www.afm.mb.ca/</a>>.

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Current nutrition information is available from Health Canada: <a href="http://www.hc-sc.gc.ca/">http://www.hc-sc.gc.ca/</a>.

# **Curricular Connections**



## ELA:

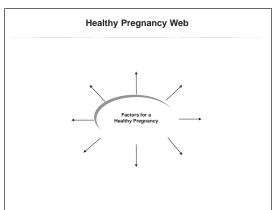
GLO 3—Manage ideas and information

GLO 4—Enhance the clarity and artistry of communication

# Suggestions for Instruction

### 1. Healthy Pregnancy Web

Students individually identify the conditions for a healthy pregnancy (e.g., avoid alcohol, smoking, and drugs, use safe sex methods, eat healthy foods, have medical checkups), recording their ideas in a web format such as the following. Students share their webs with a partner.



## 2. Healthy Pregnancy: Why It Matters

Working in groups of three or four, students select a condition identified on the Healthy Pregnancy Web, research its significance, and present their information to the class, noting evidence that supports the importance of the selected condition for a healthy pregnancy.



# **Suggestions for Assessment**

#### Questioning/Interview: Healthy Pregnancy Web

Peer Assessment: Inventory

Students exchange their completed webs for a healthy pregnancy and discuss them with a peer.

# Performance Task: Healthy Pregnancy: Why It Matters

Peer/Teacher Assessment: Rating Scale

Students assess group presentations using the following rating scale.

Group Presentation Rating Scale	
Scale	The group identifies
A	substantial evidence that supports the significance of a selected condition for a healthy pregnancy
В	satisfactory evidence that supports the significance of a selected condition for a healthy pregnancy
С	Iimited evidence that supports the significance of a selected condition for a healthy pregnancy
D	very little or no evidence that supports the significance of a selected condition for a healthy pregnancy

# Notes