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

Organizations/Websites
• Addictions Foundation of Manitoba: <http://www.afm.mb.ca/>
• 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: <http://www.afm.mb.ca/>.

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

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.

<table>
<thead>
<tr>
<th>Scale</th>
<th>The group identifies</th>
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<tbody>
<tr>
<td>A</td>
<td>substantial evidence that supports the significance of a selected condition for a healthy pregnancy</td>
</tr>
<tr>
<td>B</td>
<td>satisfactory evidence that supports the significance of a selected condition for a healthy pregnancy</td>
</tr>
<tr>
<td>C</td>
<td>limited evidence that supports the significance of a selected condition for a healthy pregnancy</td>
</tr>
<tr>
<td>D</td>
<td>very little or no evidence that supports the significance of a selected condition for a healthy pregnancy</td>
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