

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: <<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.

Group Presentation Rating Scale	
Scale	The group identifies
A	<ul style="list-style-type: none"> • substantial evidence that supports the significance of a selected condition for a healthy pregnancy
B	<ul style="list-style-type: none"> • satisfactory evidence that supports the significance of a selected condition for a healthy pregnancy
C	<ul style="list-style-type: none"> • limited evidence that supports the significance of a selected condition for a healthy pregnancy
D	<ul style="list-style-type: none"> • very little or no evidence that supports the significance of a selected condition for a healthy pregnancy

Notes