

## **EATING DURING PREGNANCY**

### **Training for Early Head Start**

**This is a 2-part training. Follow instructions provided for each part. When you have completed the training and test, you will email or mail the test to Positive Patterns for Life to be graded. You will find test submission details on page 4.**

NAME: _____	STARS #: _____	DATE: _____
EMAIL: _____		PHONE #: _____

**PART 1 – Watch the video titled “Eating During Pregnancy,” found on this webpage: <https://www.positivepatterns4life.com/wcfd>. Fill in the blanks to the following questions and/or statements, as you watch this video.**

- 1] T / F During pregnancy blood sugar runs 5 to 10 points lower and puts the woman at greater risk for developing a low blood sugar.
- 2] T / F A pregnant women should not go without food more than 10 hours during the night.
- 3] T / F Pregnant women are not allowed to drink coffee during pregnancy.
- 4] Write recommended servings per day, for pregnant women, for each food group listed below:  
\_\_\_\_\_ Starch servings per day  
\_\_\_\_\_ Vegetable servings per day  
\_\_\_\_\_ Fruit servings per day  
\_\_\_\_\_ Meat/protein ounces per day  
\_\_\_\_\_ Dairy servings per day
- 5] T / F High fiber plant foods (i.e. vegetables) help to prevent constipation during pregnancy.
- 6] T / F Whole grains always have at least 2 grams of fiber per serving.
- 7] T / F Pregnant women should choose nutrient dense foods to eat like whole grains, fruit, and vegetables.

- 8] T / F Folic acid is an important vitamin that prevents devastating brain and spinal cord deformities in unborn babies.
- 9] T / F Pregnant women need 1000 mg of calcium per day.
- 10] T / F If a pregnant woman is not getting enough calcium in her diet, her unborn child will be born with brittle bones.
- 11] Check off foods that are good sources of calcium:
- ☐ Kale
  - ☐ Radishes
  - ☐ Milk
  - ☐ Collard greens
  - ☐ Turnip greens
- 12] T / F During pregnancy iron requirements almost double.
- 13] Check off foods that are good sources of iron:
- ☐ Beans
  - ☐ Avocado
  - ☐ Meat
  - ☐ Fish
- 14] T / F Vitamin C blocks iron absorption.
- 15] T / F Calcium blocks iron absorption.
- 16] T / F When a pregnant woman with diabetes has a high blood sugar, her unborn baby gets less Oxygen during the time that the mom's blood sugar is high.
- 17] T / F Pregnant women should be checked for iron deficiency and diabetes half way through their pregnancy, at approximately 20 weeks gestation.
- 18] Actions a pregnant woman with diabetes can take to protect her unborn child (check all that apply):
- ☐ Eat a balance diet
  - ☐ Eat 2 snacks during the night
  - ☐ Learn to minimize blood glucose spikes with food choices and serving sizes
  - ☐ Follow a meal plan
  - ☐ Don't exercise
  - ☐ Monitor blood glucose
- 19] All the follow foods are on the DO NOT EAT list for pregnant women except:
- ☐ Raw eggs
  - ☐ Cooked hotdogs
  - ☐ Unheated lunch meat
  - ☐ Shark
  - ☐ Raw meat

**20]** T / F Pregnant women should only drink unpasteurized milk because it is more nutritious.

**21]** T / F Mercury is not harmful to an unborn child.

**PART 2** – Read through the handouts under the first section on the “Educational Handouts” page, located at this web address: <https://www.positivepatterns4life.com/wcfd/ho> . Then name the handout that best addresses the given situation.

**22]** Pregnant woman tells you her doctor told her she is gaining weight too fast: \_\_\_\_\_

\_\_\_\_\_

**23]** Pregnant woman tells you she is having trouble affording healthy food (two handouts good for this):

1 - \_\_\_\_\_

2 - \_\_\_\_\_

**24]** Pregnant woman wants ideas for healthy snacks: \_\_\_\_\_

\_\_\_\_\_

**25]** Pregnant woman wants to know how she can increase iron from foods she eats (three handouts good for this):

1 - \_\_\_\_\_

2 - \_\_\_\_\_

3 - \_\_\_\_\_

**26]** Woman says iron supplement is making her sick to her stomach: \_\_\_\_\_

\_\_\_\_\_

**27]** Pregnant woman says she loves fish but she’s heard that it is not safe to eat fish during pregnancy:

\_\_\_\_\_

**28]** Woman wants handout showing healthy diet during pregnancy: \_\_\_\_\_

\_\_\_\_\_

**29]** Pregnant woman asking what foods are good sources of folic acid: \_\_\_\_\_

\_\_\_\_\_

**30]** Woman that is lactose intolerance, wants information about how she can get calcium: \_\_\_\_\_

\_\_\_\_\_

**31]** Pregnant woman wants to know actions she can take to prevent food poisoning (3 handouts):

1 - \_\_\_\_\_

2 - \_\_\_\_\_

3 - \_\_\_\_\_

**32]** Pregnant woman having trouble gaining weight: \_\_\_\_\_

\_\_\_\_\_

**33]** Vegetarian woman wants to know how to eat healthy during pregnancy: \_\_\_\_\_

\_\_\_\_\_

Scan your completed test into your computer and email it to [positivepatternsforlife@gmail.com](mailto:positivepatternsforlife@gmail.com) or you can mail it to Positive Patterns for Life, P.O. Box 902, Guernsey, WY 82214.

If you answer 85% of the test questions correctly, you will be sent a *STARS Course Evaluation Form* to complete and submit to Wyoming STARS office. You will receive 2 STARS credits for completing this course.