Foods & Pregnancy: "To Eat or Not to Eat—that is the Question"

Intro: Title this Picture

Myth or Fact: Pregnant women can eat "whatever" they want. (Myth: A pregnant woman needs to be very careful what she chooses to put in her body because her baby eats what she eats.

Activity: Randomly have students select a food from the can. Students are to research the assigned food to determine if it is a safe food to eat during pregnancy or a food that should be avoided.

- Name of Food & Picture (save to your files)
- Eat or Avoid
- Briefly Explain Why & Guidelines

Example: Eggs—Eat if fully cooked—great source of protein. Avoid if runny. (Explain how this example can go both ways—so choose a side and support it.)

Once you have the above information, go to the website www.bighugelabs.com and create an informative poster (motivator) to convey your findings.

Teacher Note: Hang all of the posters up around the classroom and assign each a number for the Gallery Walk.

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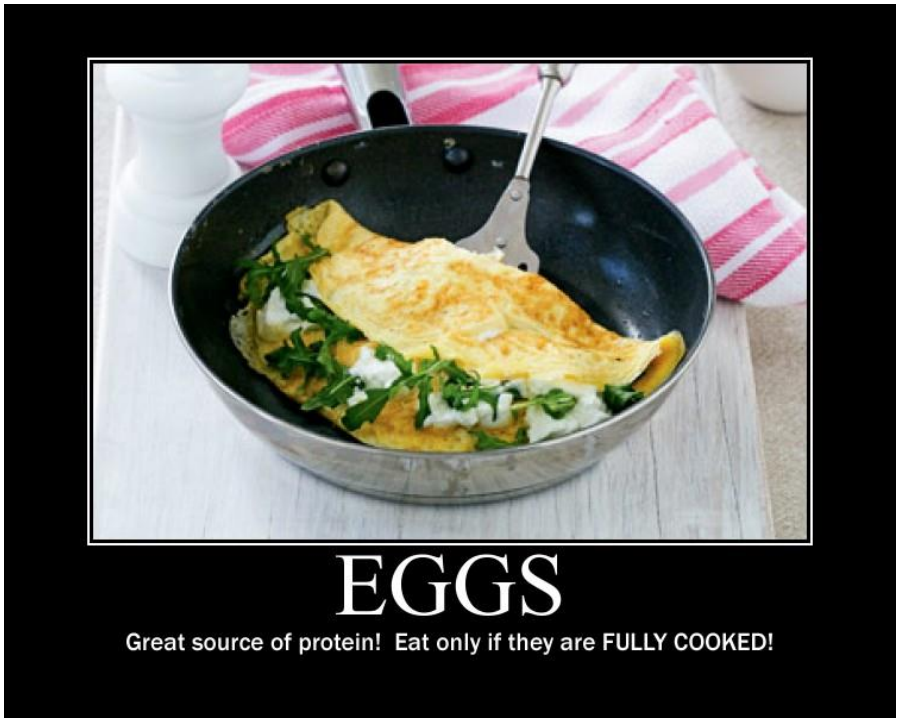
Activity: Students will do a "Gallery Walk" and take notes on each food using their response sheet.

Following the Gallery Walk, students will create a T-Chart from their notes categorizing foods as "EAT" or "NOT to EAT"

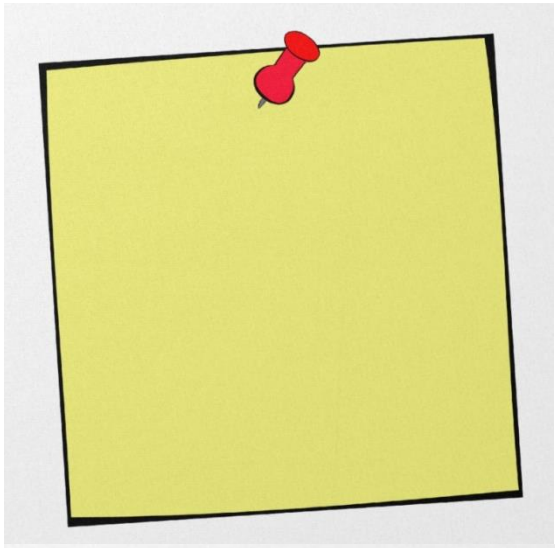
Spinach	Oats	Kidney Beans
Walnuts	Blueberries	Raw Milk
Salmon	Rare Meat	Sweet Potato
Herbal Teas	Soda	Coffee
Fast Food	Soft Cheeses	Hotdogs
Swordfish	Licorice	Artificial Sweeteners

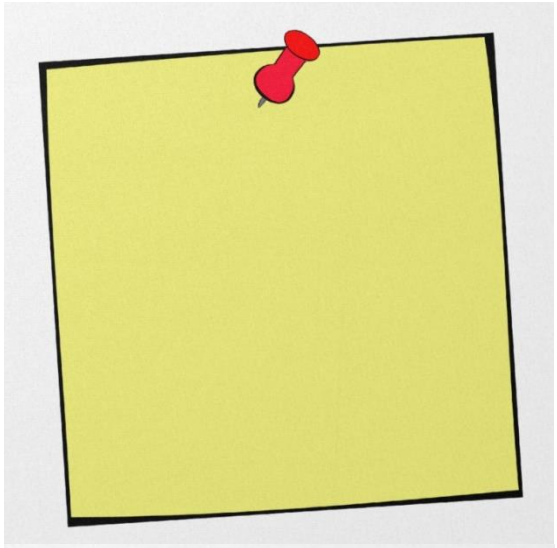
Sample Motivator Poster from BigHugeLabs

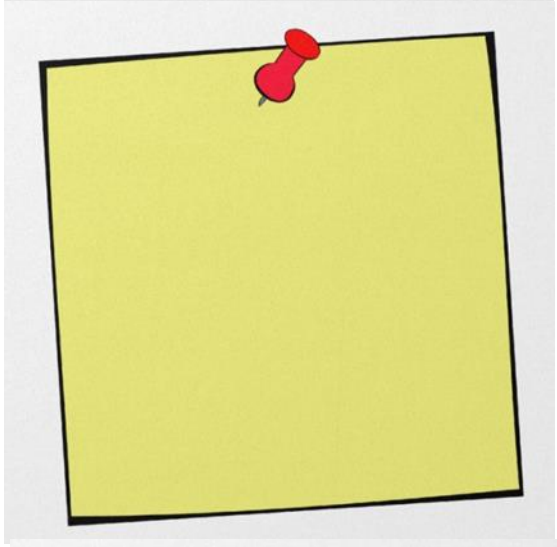


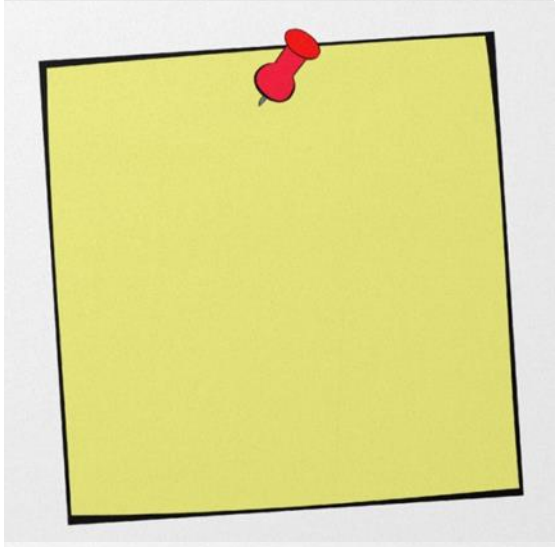
Gallery Walk Notes

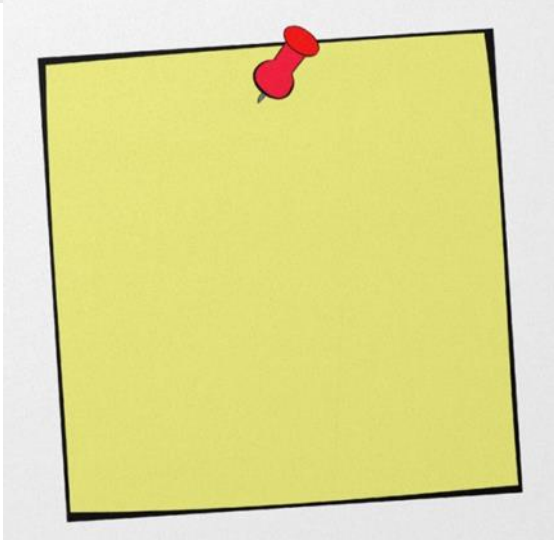
Topic:

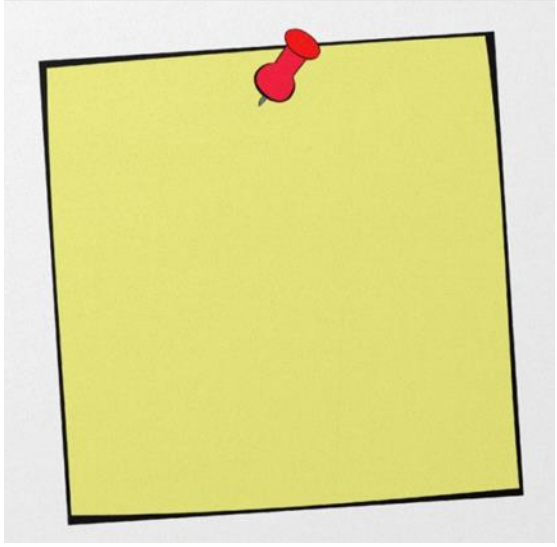
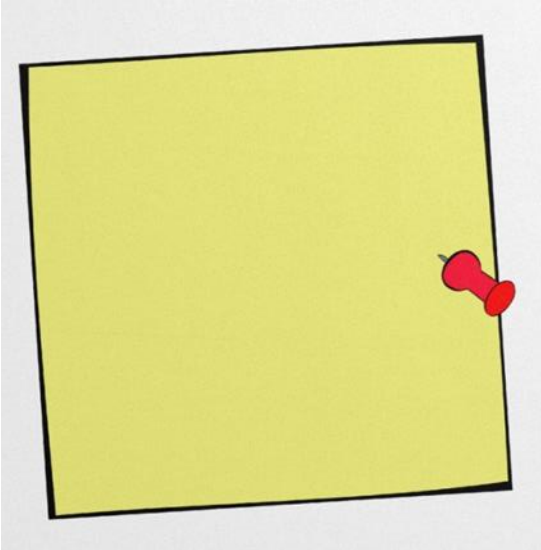
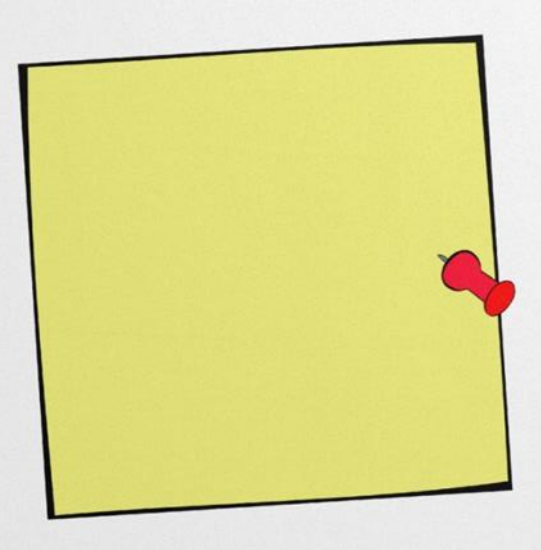
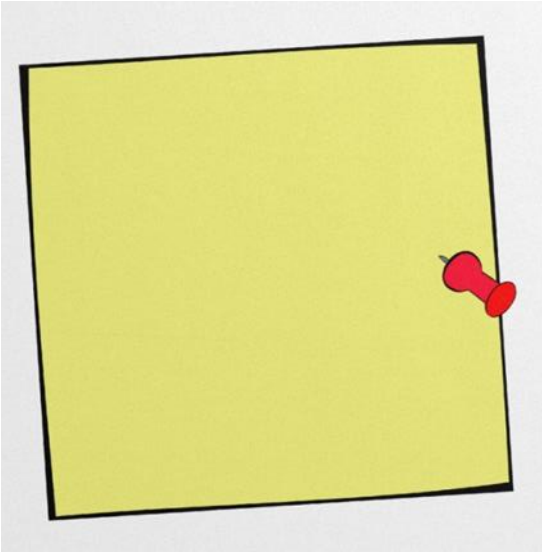
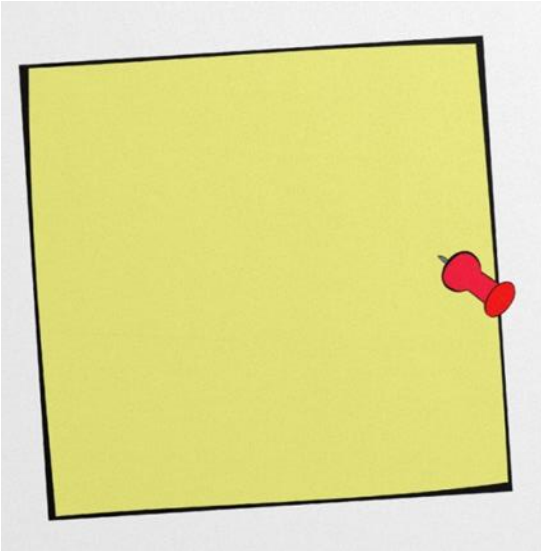
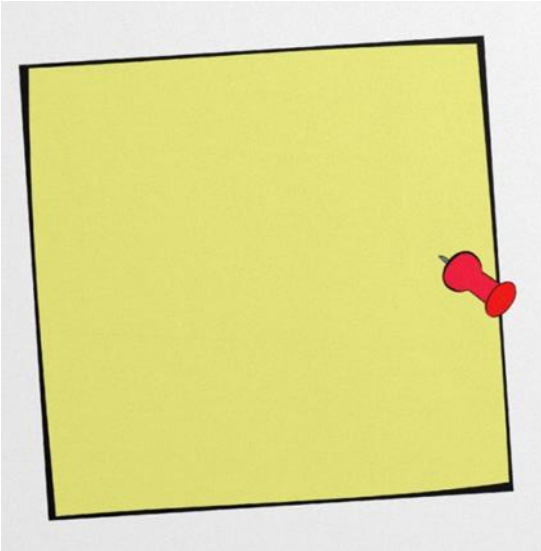
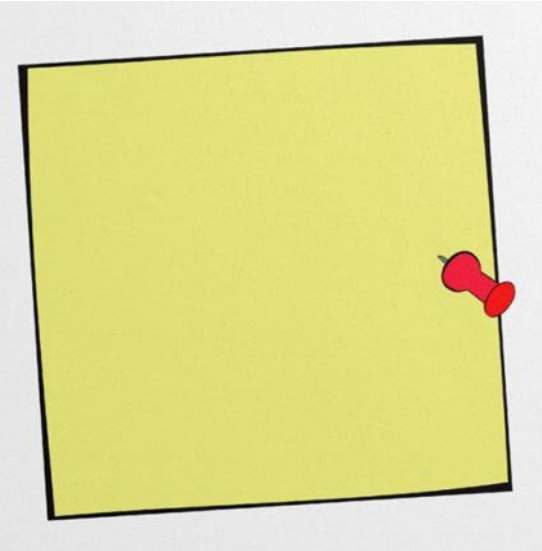








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