

A. Pregnant Women Need Good Food

DISCUSSION QUESTIONS

1. What do you see in this picture?
2. How do you think this woman feels?
3. How does this picture make you feel?
4. Does this picture remind you of your own life? What is different? What is the same?
5. Why do you think pregnant women need the best food in the family?
6. What do you think are the best foods for a pregnant mother?
7. How do you think the food that a pregnant mother eats can help her child be healthy?
8. What are some things you can do differently after this talk?

KEY WORDS

Words to Spell

greens	rice
meat	fruit
beans	eggs
less	food

Words to Understand

healthy	pregnant
groundpea	fish
rice	milk
deliver	fistula

IMPORTANT FACTS

- All women need good food when they are pregnant (when they got belly).
- Good food will make a pregnant woman and her baby strong and healthy.
- A pregnant woman needs the best foods in the family. She needs to eat meat, fish, rice, bulgur, beans, greens, cereal, fruit, milk, eggs, palm oil, groundpea, plantains, and other good foods.
- A pregnant woman should drink plenty of clean water and get rest.
- If a woman who is pregnant smokes or drinks alcohol or takes bad drugs, her baby can be damaged.
- Girls who are healthy and well fed during their own childhood and teenage years have fewer problems in pregnancy and childbirth.
- Young girls, between 10 and 16 years old, should not get pregnant because their bodies are not developed to deliver a baby. Pregnancy too early can cause fistula and ruin a young woman's life.