Topic: Nutrition During Pregnancy

Target Audience: Any woman who intends on getting pregnant in their life

Media to be used: Powerpoint presentation, “Nutrition During Pregnancy”, pre-presentation quiz

How the outreach will work:

* Before beginning the presentation, we will ask the following questions to each member of the audience:

Pre-presentation quiz:

1. How much weight should a typical woman (with a normal BMI) gain during pregnancy?

2. True or False: When you are pregnant, you are eating for two.

3. About how many extra calories should be consumed when pregnant?

4. Which vitamin is particularly important during pregnancy?

5. True or False: An obese woman should gain as much weight during pregnancy as a healthy woman

*Answer key:*

*1. 25 to 35 pounds*

*2. False*

*3. 300*

*4. Folate*

*5. False*

* We will present our PowerPoint which contains:
	+ General pregnancy nutrition
	+ Folic Acid
	+ Foods to avoid during pregnancy
	+ Pregnancy weight gain
	+ Prenatal vitamins
* I will show a 2.5 minute long video talking a bit about healthy eating during pregnancy:
	+ <http://www.youtube.com/watch?v=tkhHzoQeOu4>
* Post-Presentation quiz:

 1. How much weight should a typical women (with a normal BMI) gain during pregnancy?

 2. True or False: When you are pregnant, you are eating for two.

 3. About how many extra calories should be consumed when pregnant?

 4. Which vitamin is particularly important during pregnancy?

5. True or False: An obese woman should gain as much weight during pregnancy as a healthy woman?

Answer key:

1. 25 to 35 pounds

2. False

3. 300

4. Folate

5. False

* I will leave time for questions and/or comments
* The entire outreach should take about 20 minutes