

# Level 2 Prenatal Nutrition

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## The Basics

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Level 2	All CPA's must complete
Type	Online – Workday Learning Oregon
Completion time	2 hours
Complete	Within 6 months of hire
Certifiers Guide	<a href="#">Lesson 4-12</a>
Posttest	Online – Workday Learning Oregon
Completion	<a href="#">Form</a>



## Course Objectives

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The *Prenatal Nutrition* online course focuses primarily on building knowledge on prenatal nutrition concepts. The following objectives are organized by the modules in which they are covered within this course.

Upon completion of this course, the learner will be able to:

### **Introduction to prenatal nutrition**

- Explain the benefits of prenatal care and recommendations for prenatal care.
- Identify healthy exercise guidelines for pregnancy.
- Describe recommendations for dental care during pregnancy.
- Identify guidelines for caffeine consumption during pregnancy.
- Identify risks and guidelines related to alcohol, tobacco, and drug use during pregnancy.
- Identify recommendations for the use of prescription and over-the-counter medications during pregnancy.
- Describe guidelines for the use of nutritional supplements during pregnancy.
- Identify risk and guidelines for food safety for pregnant women.

### **Changes to a woman's body**

- List the major changes in a woman's body during pregnancy.
- Identify characteristics of fetal growth and development by trimester.

- List weight gain recommendations for pregnancy, factors affecting weight gain recommendations and components of weight gain.
- Understand, identify, and assess the nutritional and caloric needs of women during pregnancy for maternal and fetal health.
- Identify food sources for key nutrients required for ideal maternal and fetal health and development.
- Describe nutrition considerations for pregnant women following a vegetarian or vegan diet.
- Describes dietary treatment for the relief of nausea/vomiting, constipation, heartburn, swelling and leg cramps associated with pregnancy.

### **Medical risks and special circumstances**

- Identify common medical conditions associated with complications of pregnancy.
- Understand and identify factors during pregnancy that put mother and infant at risk.
- Define pica.
- Identify special considerations and concerns for pregnant adolescents.

### Learning activities

Learners can complete this course one module at a time or all at once. We recommend offering to meet with the learner after each module to discuss any questions or concerns the learner may have. There are a couple of activities in particular to review with the learner.



#### **Module 1: Introduction to Prenatal Nutrition - Mercury Resources**

Ask the learner to review the Oregon Health Authority webpage on [Seafood and Shellfish Resources](#). Review the [Seafood Guide](#).

#### **Module 3: Medical Risks and Special Considerations - Domestic Violence Resources in Your Community**

Here the learner is provided with a statewide hotline for victims of domestic violence. Discuss with the learner the resources available in your community for participants.

#### **Module 3: Medical Risks and Special Considerations - Nutrition and Dietary Risks**

A number of items discussed in the modules of this course are associated with nutrition and dietary risks. Discuss with the participant the information that pertains

to these risks. Highlight that we recommend participants with some risks, such as those with pica, be referred to a health care provider.

**Resources:**

The resources section of the course includes many links where more information can be found.

Posttest Questions and Answers



The online posttest is automatically scored. There are 25 questions.

1. Which 2 statements are true of women who receive prenatal care:
  - a. They have a higher incidence of pre-term labor.
  - b. **They are more likely to have healthy babies.**
  - c. **They are more likely to have fewer complications during labor and recovery.**
  - d. They have more complications during labor and recovery.
  
2. Which 2 statements are true about physical activity and pregnancy?
  - a. It's best to avoid physical activity.
  - b. **Women should check with their health care provider about safe physical activities during their pregnancy.**
  - c. **Safe physical activities generally include walking, jogging, strength training and yoga.**
  - d. Hot activities are recommended during pregnancy.
  
3. What is the recommendation about dental care for pregnant women?
  - a. There is no connection with dental care and the baby's health.
  - b. **Brush, floss and see the dentist regularly to avoid infections.**
  - c. Women can expect to lose one tooth during each pregnancy.
  
4. True or False? There is no safe level of alcohol for a pregnant woman, so the recommendation is to avoid all alcohol during pregnancy.
  - a. **True**
  - b. False
  
5. True or False? Pregnant women should check with their health care provider to make sure any herbal supplements and natural home remedies are safe to use.
  - a. **True**

b. False

6. True or False? The weight gain of pregnancy should be as little as possible so the baby will be small and easier to deliver.

- a. True
- b. **False**

7. A pregnant woman mentions that there are several cats in her home. Which of the following could be a potential problem related to caring for the cats?

- a. Mercury poisoning
- b. **Toxoplasmosis**
- c. Lead poisoning
- d. Listeriosis

8. A pregnant woman enjoys the imported, brightly colored ceramic dishes in her old home. What is the risk of using these dishes?

- a. Mercury poisoning
- b. Toxoplasmosis
- c. **Lead poisoning**
- d. Listeriosis

9. Uncooked meats, such as hot dogs, and unpasteurized soft cheeses can result in

\_\_\_\_\_ ,  
a type of foodborne illness which is easily passed to unborn babies.

- a. Tuberculosis
- b. Toxemia
- c. Gestational diabetes
- d. **Listeriosis**

10. Select the 2 types of fish that are both lower in mercury and rich in Omega-3 fatty acids.

- a. **Salmon**
- b. Swordfish
- c. **Sardines**
- d. Halibut

11. True or False? Mothers whose pre-pregnancy weight is in the obese category should gain more weight during their pregnancy than mothers whose pre-pregnancy weight is in the normal category.

- a. True

b. **False**

12. True or False? A pregnant woman can expect to gain from 2 - 5 pounds in the first trimester and about ½ to 1 pound per week in the second and third trimesters.

- a. **True**
- b. False

13. Calorie needs for most healthy women in the second and third trimesters of pregnancy increase by about:

- a. 150 - 250 calories/day.
- b. 250 – 350 calories/day.
- c. **350 – 450 calories/day.**
- d. 450 – 550 calories/day.

14. True or false? Prenatal vitamins usually contain 600 mcg of folic acid, which is the amount recommended during pregnancy.

- a. **True**
- b. False

15. Pregnant women need more iron. Which foods are rich in iron? Select 4.

- a. Milk
- b. Apples
- c. **Meat**
- d. **Lentils**
- e. **Green leafy vegetables**
- f. **Nuts**
- g. Carrots

16. A baby is at greater risk of prematurity and low birth weight if:

- a. The mother experienced food cravings during pregnancy.
- b. The baby is the first baby.
- c. **The mother is a teenager.**
- d. The mother continues her physical activity during the pregnancy.

17. Which of the following are NOT conditions commonly associated with pregnancy?

- a. Nausea and vomiting
- b. Constipation
- c. Eye, ear and throat infections
- d. Heartburn

e. Swollen legs

18. A pregnant woman who craves and eats non-foods, such as dirt, chalk, clay and paint chips, may have \_\_\_\_\_.

- a. **Pica**
- b. Anorexia
- c. Bulimia
- d. Pepsin

19. True or False? A woman who is depressed during her pregnancy should be referred to a specialist.

- a. **True**
- b. False

20. True or False? High blood pressure that develops during pregnancy can be a sign of preeclampsia, a condition that requires medical attention.

- a. **True**
- b. False

21. Marijuana use during pregnancy can have harmful effects on the baby. Select 3 of the harmful effects.

- a. **Low birth weight**
- b. **Developmental delays**
- c. Depression
- d. **Learning disabilities**
- e. Iron deficiency anemia

22. True or false. Drinking 3 cups of coffee would be more caffeine than recommended for pregnant women.

- a. **True**
- b. False

23. True or false. Pregnant women should quit smoking and limit exposure to secondhand smoke. The Oregon Quit Line at 1-800-QUIT-NOW can help.

- a. **True**
- b. False

24. If a pregnant woman tells you she is using illegal (street) drugs, which 3 steps should you take?

- a. **Remain non-judgmental**
- b. **Encourage her to seek professional help.**

- c. **Refer her to resources that help with substance use.**
- d. Tell her all the harmful effects that drugs have on her baby.

25. Which 3 statements are true about gestational diabetes?

- a. It develops before the pregnancy.
- b. **The high blood sugar levels of the mom can affect the baby.**
- c. **It usually goes away after the pregnancy.**
- d. It has no effect on the baby, only the mother.
- e. **Women with gestational diabetes are at higher risk of type 2 diabetes after the baby is born.**