

Questions for Pregnancy Telehealth Presentation

1. Which nutrient is needed during pregnancy for strong blood?
 - A. Selenium
 - B. Vitamin C
 - C. Iron
 - D. Magnesium

2. Which describes healthy weight gain for pregnancy?
 - A. Women should gain 0.5 to 1.0 pounds per week (0.2 – 0.5 kg) in the 2nd and 3rd trimesters
 - B. Women should only gain the weight of the baby during pregnancy – about 8 pounds (3.6 kg).
 - C. Obese women shouldn't gain weight during pregnancy, they should try to lose weight
 - D. The more weight you gain the healthier your baby will be.

3. Which of the following is safe to take during pregnancy
 - A. Vitamin A supplement
 - B. Gin and Tonic
 - C. 1 cup regular coffee per day
 - D. Marijuana

4. I would feel comfortable teaching others in my community about nutrition in pregnancy.

Disagree 1 2 3 4 5 Agree