

# Build A Baby – Prenatal Nutrition Activity

## Objective

To review prenatal nutrition recommendations with Healthy Baby Club participants. The activity focuses on:

- Healthy Eating for a Healthy Pregnancy
- Food Safety During Pregnancy
- Common Concerns
- Affordable Healthy Eating

## Set-Up/Preparation

### Materials Required

- Activity items printed from the Healthy Baby Club website:
  - Build a Baby gameboard – can be printed in black and white or colour
  - Build a Baby baby pieces – can be printed on white paper (category shape noted on image) or colour paper (category colour noted at the top of each page)
  - Build a Baby True or False Statements and Answer Key – can be printed in black and white or colour
- One die
- A different game marker for each player (e.g. different colour buttons, a small square of cardboard marked with the player's name, etc.)
- Healthy Eating During Pregnancy resource – can be provided to participants in print form or link can be emailed to them

Note: To increase the durability of the activity materials, the gameboard and game pieces can be laminated so they can be reused and cleaned.

### Preparation Instructions

- Review the answer key to become familiar with the discussion points.

## How to Play

- Each participant chooses a game marker.
- Taking turns, each participant rolls the die and moves their marker the corresponding number of spaces.
- The facilitator reads a True or False Statement to the participant. The statement is selected from the category corresponding to the colour/shape of the space on which the participant has landed:
  - **Green/Circle:** Healthy Eating for a Healthy Pregnancy
  - **Red/Square:** Food Safety During Pregnancy
  - **Blue/Triangle:** Common Concerns
  - **Yellow/Heart:** Affordable Healthy Eating
  - **Black/Star:** If the participant lands on black/star, they can select the category of their choice.

- After the participant gives their answer, regardless of whether they answer the True or False Statement correctly or incorrectly, the facilitator states the correct answer and gives the discussion points that go with the answer. The facilitator then gives the participant a baby piece in the colour/shape corresponding to the category.
- The game ends when all participants have “built” a baby – everyone is a winner!
- If the game ends before all the True or False Statements have been covered, and if there is time and the participants are interested, the facilitator could go through the rest of the statements and have the whole group give the answers. As an alternative, if there are many statements that haven’t been covered, the facilitator could do the game at another session, starting with the statements that haven’t been covered.

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**Note:** For each category, the facilitator should go through the statements in the order in which they appear on the answer key, as the game continues.

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### **Variations**

- If partners/support people attend group, they can also participate in the game.
- If you have a small group and/or have participants who may be reluctant to answer questions on their own, the game could be played as a group. Anyone in the group can answer the question alone, or in consultation with other participants, and the group builds several babies depending on how many questions you ask.

### **Facilitator Notes**

- The answer key provides the answer to the True or False Statement as well as some key discussion points.
- For each category, there are additional resources noted on the answer key. It would be good to have one hard copy of each of these available to reference during the session. They can be downloaded for your use from the [Healthy Baby Club](#) website. Participants can access them through the Healthy Eating During Pregnancy resource. The following resources can also be reviewed by the facilitator to increase their knowledge of prenatal nutrition recommendations, and this may help with responses to questions that may arise. The facilitator can also consult with their Regional Nutritionist about questions.
  - [Canada’s Food Guide](#)
  - NL version of [A Healthy Start for Baby and Me](#)
  - [Safe Food Handling for Pregnant Women](#)
  - [Affordable Healthy Eating](#)
  - [Women Need Folic Acid – increase your chances of having a healthy baby](#)