

## Weight gain during pregnancy activity

(20-30 minutes including discussion)

### Objective:

Students will:

- Gain an understanding of why weight gain is important during pregnancy
- Understand what is an approximate healthy weight gain during pregnancy
- Understand the breakdown of weight gain during pregnancy

### Materials:

- Eight freezer zip locked bags filled with sand. Amounts for each bag are as follows:

Blood	3 pounds
Breasts	2 pounds
Womb	2 pounds
Baby	7.5 pounds
Placenta	1.5 pounds
Amniotic Fluid	2 pounds
Fat, Protein & other nutrients	7 pounds
Retained water	4 pounds

*\*These amounts represent the breakdown of an average weight gain of 29 pounds during pregnancy.*

### Instructions:

Pick a student willing to participate in this activity. Have the student put on an empty backpack backwards. Add each sand bag, one at a time and tell them what each bag weighs, and what it represents. After all 8 bags are in the backpack; pass it around so the other students can experience what the proper amount of weight gain feels like. Have a discussion with the students about would be decreased if the mother didn't gain enough weight and how this would impact the baby.