

STUDENT ACTIVITIES

Healthy Jenny's Story Pregnancy

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Ningwakwe Learning Press

Questions and Activities Designed
by Christopher McGruer

Accompanying Teacher's Guide contains the answer key and more group activities.

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Questions and activities designed by Christopher McGruer

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Introduction

Welcome to the Healthy Living Series. These questions will help you understand and remember what you have read in the book “Healthy Pregnancy.”

Good readers think when they read. Life has taught you a wide range of thinking skills. This question booklet will help you use them for reading.

The question booklet is divided into nine parts. The answers to the questions in each section can be found on the pages indicated at the beginning of each section.

At the end of each section, there is a self-assessment rubric that you can fill out. This will help you identify what you need to work on.

When you have finished reading the book and answering these questions, your instructor will have a final assessment. As you read, the questions in the booklet will help you practice thinking skills. These skills will help you become a better reader.

Helpful Tip:

Read “Healthy Pregnancy” all the way through then go back and answer the questions in the booklet.

Use the book as a guide to help you with your answers.

Part 1

(answers found on pages 5-6)

A. Comprehension Check

Choose the best answer

1. Vernon worked in a
 - 1) restaurant
 - 2) hardware store
 - 3) construction site
 - 4) glass factory

2. What does Jenny do on the weekends?
 - 1) works at the band office
 - 2) plays baseball
 - 3) relaxes as a hooker in the park after dusk
 - 4) works at a convenience store

3. What kind of car does Vernon drive?
 - 1) a Ford Bronco
 - 2) a motorcycle
 - 3) a station wagon
 - 4) an old Chevy

4. Jenny often would only eat these for lunch when she was in high school
 - 1) hamburger and fries
 - 2) chips and coke
 - 3) she didn't eat lunch
 - 4) she always ate something different

B. Revisit the Story

Jenny did a number of things to change her lifestyle to live a more healthy life. Think about how your lifestyle would change if you were to have a baby. Write down a before and after column of five things you think would (or did) change if you were to have a baby.

C. Self-Reflection

Keeping track of what you eat is a key to eating healthy. Write down a menu list of what you had to eat yesterday. Include everything as well as any snacks you may have had.

Part 1 How did I do?

Take some time to reflect on your learning progress. Write the number in the box that best fits the level you are currently working in, with each of the 3 categories.

Fill this out on your own.

CATEGORY	Current level:	Excellent 4	Good 3	Needs Work 2	Review 1
Sentence Structure / Grammar		Used full sentences and proper grammar in the answers.	Answered in full sentences and used proper grammar in the answers but there may be some mistakes.	There are mistakes and while some can be identified, others cannot.	Not sure what is wrong with sentence structure or grammar.
Identify Details in Story		Recalled all the details for answers - only referring to the book occasionally.	Recalled several details, but needed to refer to the book more often.	Needed to use book to locate all details for answers.	Could not locate details with accuracy.
How am I Doing?		All the instructions are clear and my answers are correct.	Understand everything but sometimes not sure if the answers are correct.	Some things are fine but other things are difficult.	The questions are difficult to understand.

I completed Part 1 on _____ .
(date)

Part 2

(answers found on pages 6-8)

A. Comprehension Check

Choose the best answer

1. How long had Jenny known Dr. Pratt?

- 1) longer than two years
- 2) her whole life
- 3) she had never met him before
- 4) four years

What percentage of women become pregnant within the first year of trying?

- 1) 50 %
- 2) 20%
- 3) 95%
- 4) 85%

What did Dr. Pratt tell Jenny she should do to help her have a healthy baby?

- 1) "Eat a wide variety of nutritious food."
- 2) "Sleep at least eight hours a night"
- 3) "Have complete bed rest for the first month of pregnancy."
- 4) All of the above

It is not good to quit smoking while pregnant as it can shock the baby

- 1) true
- 2) false
- 3) there is no definite answer

B. Revist the Story

Dr Pratt asked Jenny if she has considered all the issues that come with raising a child. Some issues are discussed in the book. What are some other issues that could also be raised?

C. Self Reflection

What is a bad habit that you have given up? How long did it take you to break it? What were the hardest parts about breaking your bad habit?

Part 3

(answers found on pages 9-11)

A. Comprehension Check

Choose the best answer

1. How did Jenny's grandmother, Edna, know Jenny was pregnant?

- 1) Dr Pratt had phoned to tell her
- 2) she felt Jenny's stomach
- 3) Jenny had a lovely glow to her cheeks
- 4) Vernon had told her

2. What did the small jar on Grandmother Edna's table contain?

- 1) coloured rocks in water
- 2) sand and pebbles
- 3) sticks and wild grasses
- 4) nothing

3. What did Edna say that she had taught Jenny long ago?

- 1) how to make traditional bread
- 2) how to sew
- 3) about the medicine wheel
- 4) budgeting

4. How could Vernon's mood be described after the news about the baby?

- 1) very happy
- 2) despondent and sad
- 3) angry
- 4) confused

B. Revisit the story

What are the four areas of the medicine wheel? What happens if some of these areas are out of balance?

C. Self-reflection

Jenny went to her grandmother for advice. Who is someone that you trust that you go to for advice? What makes this person special?

Part 4

(answers found on pages 11-14)

A. Comprehension Check

Choose the best answer

1. How long can morning sickness sometimes last?

- 1) a few months
- 2) a few hours
- 3) a few days
- 4) a few weeks

2. Dr Pratt suggests Jenny should _____ if she is feeling light-headed or might faint.

- 1) breathe deeply
- 2) take some medicine
- 3) call an ambulance
- 4) rest for a moment, drink some fluids and eat a small nutritious snack

3. Does everyone require an ultrasound?

- 1) yes
- 2) no

- 4) A pregnant women should not change the kitty litter, unless;
 - 1) she is wearing a mask
 - 2) it is in the morning
 - 3) she does not have to bend over
 - 4) she is wearing gloves

B. Revisit the Story

Jenny is very involved with the planning of her pregnancy and her doctor includes Jenny in the process. How has the role of women changed during pregnancy throughout the years? Use the sample mind map found in the back of this guide to answer this question. Your instructor will show you how to do this.

C. Self-Reflection

Dr Pratt gave some suggestions on what to do for morning sickness. Talk (or check online) to someone who has experienced morning sickness and write about some of the home remedies that they used. How effective do you think the home remedies you found out about are?

Part 5

(answers found on pages 14-15)

A. Comprehension Check

Choose the best answer.

- 1. What is normal weight gain during pregnancy?
 - 1) 4 to 8 kg
 - 2) 7 to 18 kg
 - 3) 20kg
 - 4) 2 to 5kg

2. Jenny can reduce heartburn by ____
 - 1) jogging everyday
 - 2) eating one large meal a day
 - 3) drinking small amounts of coffee, tea, or cola
 - 4) eating smaller and more frequent meals

3. Having sex during pregnancy will hurt the baby
 - 1) true
 - 2) false

4. What can help reduce swollen feet?
 - 1) regular walking or swimming
 - 2) drinking plenty of fluids
 - 3) stretching
 - 4) deep breath exercises

B. Revisit the Story

In the picture Jenny is getting an ultra sound performed. Write a brief creative description on how you think Jenny might feel when she sees her baby for the first time. You could also try writing from Vernon’s point of view. What do you think he would be thinking?

C. Self –Reflection

Pregnancy and birth are dealt with differently in various cultures. Research online another cultures’ ways of dealing with pregnancy. What are the similarities and the differences between yours’ and the differing culture in the approach to childbirth?

Part 5 How did I do?

Take some time to reflect on your learning progress. Write the number in the box that best fits the level you are currently working in, with each of the 3 categories.

Fill this out on your own.

CATEGORY	Current level:	Excellent 4	Good 3	Needs Work 2	Review 1
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How am I Doing?		All the instructions are clear and my answers are correct.	Understand everything but sometimes not sure if the answers are correct.	Some things are fine but other things are difficult.	The questions are difficult to understand.

I completed Part 1 on _____ .
(date)

Part 6

(answers found on pages 15-17)

A. Comprehension Check

Write the best answer

1. What did Jenny bring her grandmother, Edna, from town?

2. Why did Jenny's grandmother say it is important to talk to the baby?

3. What is the very special power that Edna tells Jenny all women possess?

4. What is Jenny told to do if she suffers from cramps in the legs and calves?

B. Revisit the Story

Briefly summarise Edna's explanation of the 'special power' that she says women possess.

C. Self-reflection

What is the best or the worst advice you have ever received? This can be about anything you want. What happened? Did you take the advice or did you wish you had/hadn't?

Part 7

(answers found pages 17-18)

A. Comprehension check

Choose the best answer

1. What did Vernon say he could hear when he listened to Jenny's belly?

- 1) an airplane
- 2) the baby kicking
- 3) a heart beating
- 4) the ocean

2. What does Jenny tell Vernon they should discuss?

- 1) the birth plan
- 2) different types of cribs and strollers
- 3) the baby's name if it's a boy or girl
- 4) what colour to paint the baby's room

3. What does Vernon jokingly say he would like to include in the list for the birth plan?

4. Who is Jenny's backup coach?

5. What is an IV (intra-venous) used for?

B. Revisit the Story

Jenny is very well prepared for her childbirth. How do you think she is feeling, waiting for the day of her delivery? What are some of the things she is most anxious about?

C. Self-Reflection

Jenny's birth plan is a way of preparing her for the day of the birth. What is a big event that you have had to prepare for? Did you make a plan? Did the event go as planned?

Part 8

(answers found on pages 18-21)

A. Comprehension Check

Choose the best answer

1. What was Jenny's grandmother, Edna, carrying in her hands as she came up from the cellar?

- 1) a broom
- 2) a cup of coffee
- 3) a jacket
- 4) a bag of peas

2. How does Jenny respond when Edna asks if she will breastfeed?

- 1) she will use formula instead of breastfeeding
- 2) she is scared, but she wants to breastfeed
- 3) she is undecided but will choose when the baby is born

3. Breastfeeding is natural, Edna says, but not easy. What does Edna tell Jenny she will need to do to be successful at breastfeeding?

4. What does Edna tell Jenny her lack of sleep is preparing her for?

5. What signs let a mother know that the time for delivery is near?

B. Revisit the story

Jenny's grandmother is very helpful with her advice to Jenny. What do you think some of the things Vernon's grandfather might say to him for advice? Make a list of some of the advice that he might give to Vernon.

C. Self-reflection

Jenny’s grandmother tells Jenny some different ways she can relax. Make a list of some things that you like to do to relax. Many people approach relaxation in different ways. Although some people like a hot bath, others might find snowboarding a relaxing way to spend the day.

Part 9

(answers found on pages 21-23)

A. Comprehension Check

1. How often did Jenny see Dr Pratt at the end of her pregnancy?

- 1) every week
- 2) every other week
- 3) every other day
- 4) twice a month

2. What is one of the things Jenny’s grandmother told Jenny to do when she was in labour?

- 1) walk around
- 2) eat a good meal
- 3) breath deeply
- 4) drink lots of water

3. What is GBS?

4. What is experienced during ‘False Labour’?

5. How long did Jenny’s labour last?

How to Write a Compare/Contrast Essay

Compare and contrast essays are the other big essay types in academic writing. These essays will follow a specific question and are fairly easy to complete. There are several ways to write this type of essay. The most important thing to remember is structure. Many wonderful essays fall victim to the woes of bad structure, making any ingenuity to fall by the wayside. Go over the rules on how to write a general essay, and then structure your compare/contrast essay in one of the following two formats:

1. **Introduction**

Your introduction — like the five-paragraph-essay, should open generally (with a quotation, anecdote, generalization), and lead into the thesis statement.

2. **Topic 1**

This next portion of your essay (which may consist of one paragraph or several) should cover only the first topic of the comparison and contrast. Compare/Contrast essays take two topics and illustrate how they are similar and dissimilar. Do not mention topic 2 in this first portion.

3. **Topic 2**

This next portion of your essay (which may also consist of one or more paragraphs) should cover the second of the two topics. Do not discuss Topic 1 in this section. Since you have already gone into great detail about it, you may allude to Topic 1 briefly; however, do not analyze Topic 1 in this section. This portion of the paper is to discuss Topic 2 in great detail.

4. **Topics 1 and 2 Together**

Now that you have analyzed both Topic 1 and Topic 2 independently, it is now time to analyze them together. This section may also be one or several paragraphs.

5. **Conclusion**

The conclusion — like the introduction — should be a generalization of the thesis. This paragraph should express your certainty and absolute knowledge on the subject matter. You should re-affirm your thesis (essentially restate it in new words) and show how you've proven it.

Idea Map

Write your topic on the line below. In the center circle, write a topic sentence summarizing your opinion about the topic. In the surrounding circles, list examples or reasons that support your topic sentence. You can add more circles if you'd like.

My Topic _____

