



**Michigan WIC**  
Nutrition Education Module for State  
Sharing

# Food Safety During Pregnancy

Individual or Group Education for Pregnant Women



[Pregnant woman.](#)

**This lesson was created by Michigan District Healthy Department #10 WIC Program and adapted for state sharing by the Michigan WIC Nutrition Education Advisory Team. Michigan Department of Health and Human Services, WIC Program, Lansing, Michigan.**

**[www.michigan.gov/wic](http://www.michigan.gov/wic) August 2014. Revised September 2016 and November 2019.**

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## Michigan WIC Nutrition Education Lesson Plan

### I. Title: Food Safety During Pregnancy

### II. Target Group: Pregnant women

### III. Suggested MI-WIC NE Topics: Food Safety, Fish: Eat Safe

### IV. Learning Objectives:

1. Clients will identify at least one eating or food preparation strategy they plan to try, change or maintain to prevent foodborne illness during pregnancy.
2. Clients will advance in a stage of behavior change intent or continue if in action or maintenance stage.

### V. Learning Activities/Methods: Individual or group education

### VI. Materials Needed:

1. “Food Safety for Moms-to-Be” links (in English and Spanish)  
<http://www.fda.gov/food/foodborneillnesscontaminants/peopleatrisk/ucm089619.htm>  
Readability – Grade 7
2. “Buy Safe Fish” [http://www.michigan.gov/documents/mdch/2011-05-26 -  
\\_MERCURY\\_ADVISORY\\_FLYER\\_STORE-  
BOUGHT\\_FISH\\_RESTAURANT\\_WEB\\_354266\\_7.pdf](http://www.michigan.gov/documents/mdch/2011-05-26_-_MERCURY_ADVISORY_FLYER_STORE-BOUGHT_FISH_RESTAURANT_WEB_354266_7.pdf) Readability – Grade 7
3. “Eat Safe Fish” [http://www.michigan.gov/documents/family\\_fish\\_166020\\_7.pdf](http://www.michigan.gov/documents/family_fish_166020_7.pdf)  
Readability – Grade 6
4. “Client Feedback Form”
5. “Client Feedback Form Key”

### VII. Equipment and Facilities needed:

1. Individual: Electronic screen (computer, tablet, or other) to download and view the three “Food Safety for Moms-to-Be” videos (about 20 minutes).
2. Group education: Computer to download and views three “Food Safety for Moms-to-Be” videos (about 20 minutes), projector, large screen, and chairs.

### VIII. Approximate time: 30 – 60 minutes

### IX. Outline of Content:

1. Introduction. Introduce yourself and welcome client(s) warmly. Open the conversation by inviting client(s) to share their name and something special about their pregnancy.
2. Ask client(s) to complete the **Before** section of the “Client Feedback Form.” Offer assistance as needed.
3. Ask client(s) to share what they have heard about what foods to eat and to avoid during pregnancy.
4. Invite client(s) to watch three videos “Food Safety for Moms-to-Be” and participate in a discussion about pregnancy and foodborne illness. Play the “Food Safety for Moms-to-Be” videos.
5. After watching the video, ask client(s) to share ideas they learned about food to eat and to avoid, reinforcing the factual messages from the video.

### **Factual Messages**

- Pregnant women are at higher risk for foodborne illness, but it is preventable.
  - Pregnant women should *not* eat fish that have high levels of mercury such as swordfish, shark, king mackerel and tilefish.
  - Fish has protein and healthy fats, but some need to be limited because they contain higher levels of chemicals.
  - Unheated lunch meats and under-cooked foods can cause foodborne illness.
6. Discuss with client(s) ways to eat food safely during pregnancy by using open-ended questions, affirmations, reflections and summaries. Listen for change talk and assist client(s) to identify goals, challenges and barriers to change.
  7. Summarize the discussion by asking client(s) to share what they plan to try, change or maintain to prevent foodborne illness during their pregnancy.

### **X. Evaluation Method(s):**

1. Ask client(s) to complete the **After** section of the “Client Feedback Form” and return it to WIC staff. Provide contact information if they have further questions about food safety during their pregnancy.
2. Staff can use the “Client Feedback Form Key” to identify the client(s) stage of change intent **Before** and **After** for follow up.

### **XI. Staff Trained to Present:** RD, CPA or another trained nutrition education staff

### **XII. References:**

“Buy Safe Fish”. Michigan Public Safety and Environmental Health. Michigan Department of Health and Human Services. 2016. Web. 19 Nov. 2019. [http://www.michigan.gov/documents/mdch/2011-05-26 - MERCURY ADVISORY FLYER STORE-BOUGHT FISH RESTAURANT WEB 354266 7.pdf](http://www.michigan.gov/documents/mdch/2011-05-26_-_MERCURY_ADVISORY_FLYER_STORE-BOUGHT_FISH_RESTAURANT_WEB_354266_7.pdf)

“Eat Safe Fish”. Michigan Public Safety and Environmental Health. Michigan Department of Health and Human Services. 2016. Web. 19 Nov. 2019. [http://www.michigan.gov/documents/family\\_fish\\_166020\\_7.pdf](http://www.michigan.gov/documents/family_fish_166020_7.pdf)

Food Safety for Moms-to-Be. U.S. Food and Drug Administration (FDA). U.S. Department of Health and Human Services. Web. 18 Nov. 2019. <http://www.fda.gov/food/foodborneillnesscontaminants/peopleatrisk/ucm089619.htm>

Pregnant woman. Photograph. Pixabay. 20 Nov. 2014. Web. 19 Nov. 2019. <https://pixabay.com/en/pregnant-woman-mother-pregnant-1570683/>

*The Readability Test Tool*. WebpageFX. 2016. Web. 19 Nov. 2019. <http://www.webpagefx.com/tools/read-able/>

Womenshealth.gov. Office on Women’s Health. U.S. Department of Health and Human Services. Web. 19 Nov. 2019. [www.womenshealth.gov](http://www.womenshealth.gov)



## *Food Safety During Pregnancy*

### Client Feedback Form

Name: \_\_\_\_\_

Family #: \_\_\_\_\_

**This lesson is about protecting you and your unborn baby from foodborne illness.**

**BEFORE** you start your nutrition education please check ONE statement below that best describes you:

- I *want to learn more* about preventing foodborne illness but I'm *not ready* to take steps yet.
- I'm *ready* to take some steps to prevent foodborne illness.
- I *have started* to take steps to prevent foodborne illness.
- I *have been* taking steps to prevent foodborne illness throughout my pregnancy.
- I am *not interested* in taking steps to prevent foodborne illness.  
Suggestion: Talk to your WIC staff about a topic of your interest.

**AFTER** you complete this lesson please check ONE statement below that best describes you:

- I'm *more aware* of ways to prevent foodborne illness but I'm *not sure* when I will take action.
- I plan to *start* taking some new steps to prevent foodborne illness, *soon*.
- I plan to *start* taking steps to prevent foodborne illness, *today*.
- I plan to *continue* taking steps to prevent foodborne illness.
- I am *not interested* in choosing and preparing foods to prevent foodborne illness.

Tell us one thing you learned today:

If you plan to make changes tell us what they are:

Thank you!

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**Staff Use Only**

MI-WIC NE Topics: Food Safety, Fish: Eat Safe

MI-WIC Recorded by:

Staff initials:



## *Food Safety During Pregnancy*

### **Client Feedback Form Key**

Name: \_\_\_\_\_

Family #: \_\_\_\_\_

**This lesson is about protecting you and your unborn baby from foodborne illness.**

**BEFORE** you start your nutrition education please check ONE statement below that describes you:

- I *want to learn more* about preventing foodborne illness but I'm *not ready* to take steps yet. *Contemplation*
- I'm *ready* to take some steps to prevent foodborne illness. *Preparation*
- I *have started* to take steps to prevent foodborne illness. *Action*
- I *have been* taking steps to prevent foodborne illness throughout my pregnancy. *Maintenance*
- I am *not interested* in taking steps to prevent foodborne illness.  
Suggestion: Talk to your WIC staff about a topic of your interest. *Pre-contemplation*

**AFTER** you complete this lesson please check ONE statement below that best describes you:

- I'm *more aware* of steps to prevent foodborne illness but I'm *not sure* when I will take action. *Contemplation*
- I plan to *start* taking some new steps to prevent foodborne illness, *soon*. *Preparation*
- I plan to *start* new steps to prevent foodborne illness, *today*. *Action*
- I plan to *continue* choosing and preparing foods to prevent foodborne illness. *Maintenance*
- I am *not interested* in choosing and preparing foods to prevent foodborne illness. *Pre-contemplation*

Tell us one thing you learned today:

If you plan to make changes tell us what they are:

Thank you!

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