



Maximizing the Benefits of Food and Activity

Case Study #4:

Mia's older sister is pregnant. Mia has heard that pregnant women need to be very careful about what they eat. Her sister is a junk food maniac. She doesn't like vegetables or fruit. She eats food from the dairy food group, but usually foods that are high in fat, such as milkshakes. Mia is excited about being an aunt and is concerned about how Sarah's eating habits might impact the baby.

Her sister is 5' 7" tall, weighs 155 pounds, and is 20 years old.

What nutrition recommendations should Mia tell her sister?

What physical activity recommendations should Mia tell her sister?

List your sources of information and your rationale in this chart.

Source of Information <ul style="list-style-type: none"> Website, include the address and sponsoring organization or individual Print Materials, include title and date of resource and author's name Community Resource, include name of organization or individual and qualifications 	Rationale for Reliability

What could happen if she used unreliable information?