

S4 ENGLISH LANGUAGE HOLIDAY WORK

SUMMARY WRITING

Read the passage and answer the question that follows.

Good nutrition is important for the health and reproductive performance of an expectant mother as well as for the survival and development of their baby. A woman's nutritional status prior and during pregnancy influences the baby's and her own health.

Although nausea and vomiting during pregnancy can hinder expectant mothers from ensuring good nutrition, mothers should have a balanced diet in required amounts. Appropriate diet refers to a variety of foods in the right amounts to meet the daily nutritional requirements. During pregnancy, the demands for the mother and growing fetus increase. To meet the demands, the mother has to add 20% extra intake to her usual intake. She should have at least one food of the following food groups: energy giving, body building, protective food and water.

A mother should increase her meals at least three more times which can be incorporated into the meal time as health snacks and portion sizes of healthy foods. Foods enriched with high fibre such as whole grain breads, cereals with a hull like millet, brown maize flour, fruits like bananas, pawpaw, ripe mangoes and vegetables like 'nakati', 'dodo' and cabbage are recommended daily to reduce constipation. As the baby grows, the mother tends to develop constipation since it pushes against the digestive system.

Pregnant mothers should get enough vitamins and minerals in the required amounts daily. They should choose at least good source of vitamin C every day, such as oranges, cauliflower, green pepper and tomatoes. Vitamin C is useful for repair of tissues, building healthy ones and skin, wound repair and also fights infection for the mother and baby.

Eating and drinking dairy products and calcium-rich foods daily is healthy for the mother. Foods like milk, red meat, green leafy vegetables, small fish like 'mukene' are very good sources of calcium. Calcium is needed for growth and development of the baby's bones. The baby draws calcium from the mother's bones, which needs to be in tube defects such as spina bifida. Mothers can get folic acid from dark green leafy vegetables and legumes.

Question:

In about 130 words, explain the reasons why a pregnant mother should have good nutrition **and** how she can improve her nutrition.

Stay home stay safe