



IDAHO DEPARTMENT OF HEALTH & WELFARE  
DIVISION OF PUBLIC HEALTH

# Idaho WIC Training **Prenatal Nutrition**



## What Will You Learn?

A balanced diet is a basic part of good health at all times in a person's life. During pregnancy, proper nutrition is even more important. Prenatal nutrition promotes the mother's well-being during pregnancy and helps ensure a healthy start for her new baby. You will be able to guide a counseling session with a pregnant WIC participant to help her make choices for achieving her goals.

## Instruction Level

Prerequisite for taking the Prenatal Nutrition Course: Basic Nutrition Course

## Items Needed for this Course

- Access to the online Idaho WIC Policy Manual on the Idaho WIC website. To save paper, you do not need to make copies of or print the policies or procedures.
- Hemoglobin chart for cutoff values for hemoglobin levels (Activity 4) this is located in the online Idaho WIC Policy Manual: Nutrition Risk Criteria section, nutrition risk 201 Low Hematocrit/Low Hemoglobin (pages 41-51)
- The link to the Body Mass Index (BMI) chart in the Prenatal Nutrition TRAIN LMS online course is no longer active. There is BMI and weight gain information available at the website: [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

## Recommended Time

- Approximate time it takes to complete the Prenatal Nutrition LMS course: 2-4 hours
- Approximate time it takes to complete the face-to-face activities and discussion: 2-3 hours

## Module 1: Introduction to Prenatal Nutrition

Begin the LMS Prenatal Nutrition Course. Please complete the steps in the following order:

- Log onto <https://id.train.org/DesktopShell.aspx>
- In the search box type “Idaho WIC”, select “Prenatal Nutrition Online Course – Idaho WIC”
- Complete the Prenatal Nutrition Pre-Test (also known as the Assessment or Pre-Assessment).
- Open the Prenatal Nutrition Online Course.
- Optional:** open the Prenatal Nutrition Course Companion Manual to reference throughout the course. Locate the Course Companion Manual by clicking on the “Resources” button within the LMS course.
- Complete Module 1: Introduction to Prenatal Nutrition
  - Note: This module contains Arizona resources for Smoking Helplines. The Idaho Smoking Helpline is 1-800-QUIT-NOW (784-8669) or [www.quitnow.net/idaho/](http://www.quitnow.net/idaho/).
- Complete Prenatal Nutrition Activity 1, either individually, with the other learners, or with your trainer.
- Meet with your trainer to discuss the Introduction to Prenatal Nutrition Module and Activity 1.



**Complete Activity 1 in your Activities Packet**

## Module 2: Changes to a Woman’s Body

Return to the LMS Prenatal Nutrition Course. Please complete the steps in the following order:

- If necessary, log back onto <https://id.train.org/DesktopShell.aspx>
- If necessary, re-open the Prenatal Nutrition Online Course.
- Complete Module 2: Changes to a Woman’s Body

## Module 3: Medical Risks and Special Circumstances

Continue the LMS Prenatal Nutrition Course. Please complete the steps in the following order:

- If necessary, log back onto <https://id.train.org/DesktopShell.aspx>
- Complete Module 3: Medical Risks and Special Circumstances
- Complete Prenatal Nutrition activities 2, 3, and 4, either individually, with other learners, or with your trainer.
- Meet with your trainer to discuss Module 2 and 3 and your answers to activities 2, 3, and 4.



**Complete Activity 2, 3 & 4 in your Activities**

## **Prenatal Nutrition Post Test Completion**

Return to the LMS Prenatal Nutrition Course

- Log onto <https://id.train.org/DesktopShell.aspx>
- Complete the Prenatal Nutrition Post-Test (also known as the Assessment or Post-Assessment).
- Share the results of your Post-test with your trainer.