

# Open Awards Qualification Unit



This unit forms part of a regulated qualification.

## 1 Unit Details

Unit Title:	Pregnancy and Preparation for a Baby
Unit Reference Number:	R/615/8064
Level:	Level 1
Credit Value:	3
Minimum GLH:	27

## 2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know the stages of pregnancy	1.1 State the stages of pregnancy, from embryo to full foetus
	1.2 Outline the changes in each stage
2. Know the purpose of antenatal care	2.1 Identify where a woman would go to receive antenatal care
	2.2 Comment on the importance of antenatal care
	2.3 Outline the health needs during pregnancy
3. Know the importance of a healthy lifestyle during pregnancy	3.1 Give examples of food for healthy eating during pregnancy
	3.2 Suggest why it is important to keep active during pregnancy
	3.3 Outline hazards to health during pregnancy