

# A Bun in the Oven ...

is an English **colloquialism** for expecting a baby! From the first diagnosis to the birth, the body goes through a **myriad** of changes and needs much more health care and special nutrition than usual.

**T**he body needs more than it can usually get from healthy eating. It is essential, not just for the expectant mother to eat healthy and get the necessary **supplements**, it is absolutely **vital** for the developing foetus. Lack of **folic acid** in the mother's diet may cause neural **developmental disorders** in the baby. Lack of iron in the diet can lead to insufficient oxygen transport to the foetus and subsequently to **brain impairment**.

**Female pharmacy customer:**  
Hello.  
PTA: Hello.

**I have a prescription for iron supplements here. I'm pregnant you see!**  
Oh! Lovely!

**Thank you. This is my first and I'm a little nervous and excited.**  
That's understandable. In which trimester are you? Are you in the first one?

**Yes, and I seem to have new symptoms every day! Which is why my gynaecologist gave me this prescription for iron, she did a blood test and my iron levels were a little low.**  
Don't worry we'll soon get you up and running! So, here's your prescription.

**Thank you. I was also thinking about folic acid supplements. I was so excited that I didn't really listen to the gynaecologist when she was telling me about the various nutrients that I need!**  
Well, folic acid is extremely important for you and your baby during all three trimesters. But before I tell you about folic acid supplements I need to give you some information on your iron tablets.

**Okay, what do I need to know?**  
Well, although iron is very good for the body, especially at this time,

you may experience problems with **constipation**.

**Is that true? I didn't know that!**  
This is not unusual in pregnancy. One of the **side-effects** of iron supplements is that they not only cause constipation, but the **bowel movements** tend to be very dark in colour. This is very **alarming**, of course, but nothing to worry about!

**That's good.**  
You wanted to know about folic acid supplements. Folic acid is in a lot of foods in various concentrations. You'll find it in lots of dark green leafy vegetables such as **cabbage** and **spinach**. It's also in beans, nuts and **lentils**, and you'll find it in a variety of other fruits and vegetables such as avocados, **cauliflower** and carrots.

**Sounds tasty!**  
And these foods also provide a lot of **fibre**, which is exactly right when you are taking iron supplements, as they help **digestion**!

**That's clever!**  
But your baby needs more folic acid than you can get from healthy eating. I give you these tablets. You can take them until the end of the first trimester, after that you need another dosage. And if you plan a second baby, you can take the tablets from the moment you wish to become pregnant.

**There's so much to know! I'll certainly listen more carefully at the next appointment! Thank you.**  
You're welcome. Goodbye.

**Bye, bye! ■**

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## VOCABULARY

bun	Brötchen
colloquialism	umgangssprachlicher Ausdruck
myriad	Vielzahl
supplements	Nahrungsergänzungsmittel
vital	lebensnotwendig
folic acid	Folsäure
developmental disorders	Entwicklungsstörungen
brain impairment	Beeinträchtigung des Gehirns
prescription	ärztliches Rezept
nutrients	Nährstoffe
constipation	Verstopfung, Obstipation
side-effects	Nebenwirkungen
bowel movements	Stuhlgang
alarming	beunruhigend
cabbage	Kohl
spinach	Spinat
lentils	Linsen
cauliflower	Blumenkohl
fibre	Ballaststoff
digestion	Verdauung