

Worksheet 2: Vocabulary work

Before watching the video "Breast is best" you are going to read a short presentation of what this video is about. Here are some words used in the text. How many of them do you know? Work in pairs and fill in the chart.

| Words and expressions from the text | In Norwegian I think it means | I feel comfortable with this word | I need to understand this word better |
|--------------------------------------------|--------------------------------------|------------------------------------------|----------------------------------------------|
| breastfeeding | | | |
| nourishment | | | |
| sore nipples | | | |
| positioning | | | |
| blocked ducts | | | |
| increasing milk supply | | | |
| night feedings | | | |
| pumping | | | |
| hand expression | | | |
| toddlers | | | |
| prenatal | | | |
| obstetrician | | | |
| skin-to-skin contact | | | |
| Caesarean section | | | |

Read the text [Video Vital's description](#)