Baraem Al Ain Private School

All Classes, From KG to Grade 12, Boys & Girls Licence No. 130, 1985 - Baniyas



مدرسة براعم العين الخاصة

ميع المراحل من الروضة حتى المرحلة الثانوية العامة بنين+ بنات ترخيص رقم : 130 لسسنة 1985 - بني ياس

Health sciences – Term 1 (2022 – 2023)

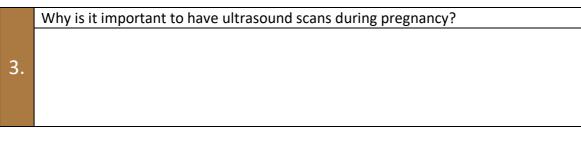
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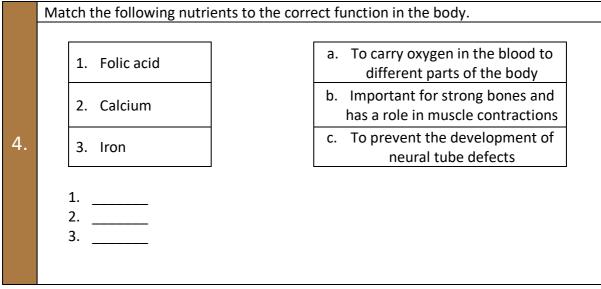
Revision – Unit 7 (Healthy pregnancy)

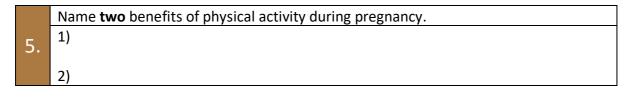
Teacher: Arwa Abdelmoneim Elsir

Give **two** examples of foods that women should avoid during pregnancy.

	Durir	During which trimester does the foetus develop meconium (it's first bowel			
	move	ement)?			
2.	(A)	Trimester 1			
	(B)	Trimester 2			
	(C)	Trimester 3			







	Complete	the follo	owing	senten	ces usin	g the c	orrect word.				
	Glucose	levels	are	the	levels	of			in	the	blood.
			diab	atas d	مرماممد	during	g pregnancy an	d aa	noral		
6.	<u> </u>			eles u	evelops	uunne	s pregnancy an	u gei	leiai	ny gue	s away
5.	after the			of	the bab	y.					
		a.g	estatio	onal	b.	birth	c. sugar				

Why is it recommended that women take folic acid supplements during pregnancy?

7.

	Which of the following are benefits of breastfeeding? Choose three				
	(A)	It weakens the baby's immune system			
	(B)	It is expensive and not readily available			
8.	(C)	It is free, safe and readily available			
	(D)	It has no nutritional benefit to the baby			
	(E)	It helps to develop the baby's immune system			
	(F)	It is environmentally friendly			

9.		Emergency medical care is needed during pregnancy if a woman experiences constipation, morning sickness and low iron levels.				
	COIIS					
	(A)	True				
	(B)	False				

	How do the energy needs of women change during pregnancy?
10.	

	Which of the following should women avoid during pregnancy? Choose three.						
	(A)	Wholegrain bread					
	(B)	Fish high in mercury					
11.	(C)	Cooked chicken					
	(D)	Caffeine					
	(E)	Milk					
	(F)	Processed meat					

-	Match the following nutrien	ts to the correct food in which they are found.
	1. Folic acid	a. Cheese
13.	2. Calcium	b. Broccoli
13.	3. Iron	c. Red meat
	1	
	2 3	

	Whi	ch of the following are benefits of physical activity during pregnancy? Choose				
	thre	e.				
	(A)	Helps a woman to gain only a healthy amount of weight				
14.	(B)	Reduce self-esteem and mood				
	(C)	Helps to reduce stress and anxiety				
	(D)	Helps to maintain cardiovascular and muscular fitness				
	(E)	Increase the risk of developing gestational diabetes				
	(F)	Increases bloating and constipation				

	Complete the following sentence.
	Pregnancy is also known as This is the time when a woman carries her
15.	developing feotus in her Pregnancy can be categorised into three stages,
	called
	a. womb b. trimesters c. gestation

	Women should stop exercising if there is a risk to her or to the foetus. Name one warning sign that a woman should stop doing exercise during					
16	pregnancy.					
10.						

Name **one** physical development of the foetus during the **first** trimester of pregnancy.

17.

	How many weeks does pregnancy usually last?
10	(A) 10-12 weeks
	(B) 20-22 weeks
	(C) 30-32 weeks
	(D) 40-42 weeks

Which of the following changes happen during the first trimester of pregnancy?

(A) The foetus can make urine

(B) The umbilical cord forms

19.(C) The gender is apparent (D) The bones are fully formed

How do women's calorie needs change during their second trimester of pregnancy?

(A) Calorie needs should stay the same as before pregnancy

(B) Calorie intake should increase by around 360 calories

20. (C) Calories should come mainly from fish high in mercury

(D) Calorie intake should decrease by around 360 calories

Name two foods that should be avoided during pregnancy.

21

	Wh	y is it important to take folic acid supplements during pregnancy?
22.	(A)	To help carry oxygen around the body
	(B)	To help prevent healthy bone development
	(C)	To help prevent the foetus developing neural tube defects
	(D)	To help with healthy weight gain during pregnancy
	Des	scribe one benefit of exercising regularly during pregnancy.

24.	-	Which term refers to the tightening and relaxing of muscles in the womb?		
	(A)	Colostrum		
	(B)	Gestational		
	(C)	Contraction		
	(D)	Trimester		

	which of the following exercises are recommended during pregnancy?
25.	(A) Kickboxing
	(B) Rock climbing
	(C) Horse riding
	(D) Swimming

Describe one benefit of breastfeeding a newborn baby.

26.

	Why are ultrasound scans used during pregnancy?			
	(A)	To check the foetus is growing at a healthy rate		
	(B)	To monitor the mother's blood pressure		
27.	(C)	To check for gestational diabetes or low iron levels		
	(D)	To reduce swelling in the legs		

What is the first bowel movement of a foetus called?			
	(A)	Colostrum	
	(B)	Meconium	
28.	(C)	Gestational	
	· (D)	Amniotic fluid	

	What mineral supplement may be recommended to women who havedeveloped		
	anaemia during pregnancy?		
	(A)	Folic acid	
	(B)	Calcium	
29.	(C)	Iron	
	(D)	Magnesium	

	When should a pregnant woman get immediate	medical attention?
	(A) If she can feel the feotus moving	
30.	(B) If she has swelling in her legs	
	(C) If she has lost a lot of fluid	
	(D) If she has fatigue	

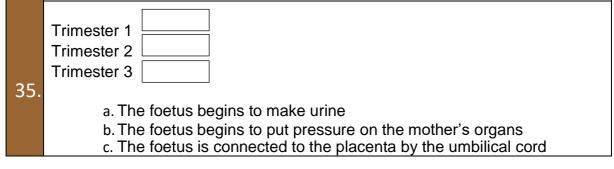
	Describe to pregnancy	wo physical changes for a foetus within the second trimester of
31.	(i)	
	(ii)	

List two nutrients found in breastmilk.
(i)
(ii)
L

	What type of diabetes only develops during pregnancy?
33.	

	A mother who has difficulty bonding with her newborn baby and struggles tolook		
	after her baby may be showing signs of which condition?		
	(A) Postnatal depression		
34.	(B) Postnatal anaemia		
	(C) Postnatal anxiety		
	(D) Gestational diabetes		

Match the changes that occur for a foetus to the trimester by writing the co	rrect
letter in the table.	



Believe in yourself, stay strong, do the impossible Arwa Abdelmoneim