



Health sciences – Term 1 (2022 – 2023)

Revision – Unit 7 (Healthy pregnancy)

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1.	Give <b>two</b> examples of foods that women should avoid during pregnancy.

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

3.	Why is it important to have ultrasound scans during pregnancy?

4.	Match the following nutrients to the correct function in the body.	
	1. Folic acid	a. To carry oxygen in the blood to different parts of the body
	2. Calcium	b. Important for strong bones and has a role in muscle contractions
	3. Iron	c. To prevent the development of neural tube defects
	1. _____	
	2. _____	

5.	Name <b>two</b> benefits of physical activity during pregnancy.
	1)
	2)

Complete the following sentences using the correct word.

Glucose levels are the levels of \_\_\_\_\_ in the blood.

6.

\_\_\_\_\_diabetes develops during pregnancy and generally goes away

after the \_\_\_\_\_ of the baby.

- a. gestational      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**

8.

- |     |  |
|-----|--|
| (A) | It weakens the baby's immune system          |
| (B) | It is expensive and not readily available    |
| (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               |

Emergency medical care is needed during pregnancy if a woman experiences constipation, morning sickness and low iron levels.

9.

- |     |       |
|-----|-------|
| (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**.

11.

- |     |                      |
|-----|----------------------|
| (A) | Wholegrain bread     |
| (B) | Fish high in mercury |
| (C) | Cooked chicken       |
| (D) | Caffeine             |
| (E) | Milk                 |
| (F) | Processed meat       |

12.

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

13.

Match the following nutrients to the correct food in which they are found.

1. Folic acid

a. Cheese

2. Calcium

b. Broccoli

3. Iron

c. Red meat

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

14.

Which of the following are benefits of physical activity during pregnancy? Choose **three**.

(A) Helps a woman to gain only a healthy amount of weight

(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

15.

Complete the following sentence.

Pregnancy is also known as \_\_\_\_\_. This is the time when a woman carries her developing foetus in her \_\_\_\_\_. Pregnancy can be categorised into three stages, called \_\_\_\_\_.

a. *womb*    b. *trimesters*    c. *gestation*

16.

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 pregnancy.

17.	Name <b>one</b> physical development of the foetus during the <b>first</b> trimester of pregnancy.

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

19.	Which of the following changes happen during the first trimester of pregnancy?
	(A) The foetus can make urine
	(B) The umbilical cord forms
	(C) The gender is apparent
	(D) The bones are fully formed

20.	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
	(C) Calories should come mainly from fish high in mercury
	(D) Calorie intake should decrease by around 360 calories

21.	Name two foods that should be avoided during pregnancy.

22.	Why is it important to take folic acid supplements during pregnancy?
	(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

23.	Describe 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

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

26.	Describe one benefit of breastfeeding a newborn baby.	

27.	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
	(C)	To check for gestational diabetes or low iron levels
	(D)	To reduce swelling in the legs

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

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

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

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

32.	List two nutrients found in breastmilk.	
	(i)	_____
	(ii)	_____

33.	What type of diabetes only develops during pregnancy?
	_____

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

35.	Match the changes that occur for a foetus to the trimester by writing the correct letter in the table.	
	Trimester 1	<input type="text"/>
	Trimester 2	<input type="text"/>
	Trimester 3	<input type="text"/>
	a. The foetus begins to make urine b. The foetus begins to put pressure on the mother's organs c. The foetus is connected to the placenta by the umbilical cord	