



Health Sciences
Skills Check Unit 7 Grade 12 Advanced
Female
Answer Key

Instructions: Teachers may accept any appropriate alternatives relevant to the question.

1	The function of the umbilical cord is to _____.
	B - carry oxygen and nutrients from the mother to the foetus
2	When is a foetus classed as “full term”?
	A - 37 weeks
3	List two changes that happen to the foetus during the second trimester.
	Answers may include two of the following: <ul style="list-style-type: none">• The foetus begins to make urine.• They develop meconium. This is the first bowel movement.• The gender will become apparent.• The musculoskeletal system is developing, and the bones begin to harden.• The skin is translucent (almost see-through).• The foetus can suck their thumb, and their fingerprints form.• By the end of this trimester, they are gaining some body fat.• The mother can feel the foetus moving• The mother has a visible baby bump• Morning sickness eases off
4	Why should pregnant women avoid eating shark, bigeye tuna and mackerel?
	They contain mercury
5	Mona has developed anaemia during pregnancy. Which of the following supplements should she take to reduce the effects of anaemia?
	C - Iron
6	What is the name given to false labour contractions that women may feel towards the end of pregnancy?
	Braxton Hicks

7	What is the expected amount of total weight-gain during pregnancy for a woman with a normal BMI before pregnancy?
	D - 11.5-16kg
8	The WHO recommends that babies are exclusively breastfed for the first 6 months. What does this mean?
	They drink only breastmilk for the first 6 months / No other foods or drinks are consumed for the first 6 months
9	Explain one reason why breastfeeding a newborn is important.
	<p>Answers may include any of the following:</p> <ul style="list-style-type: none"> • It encourages bonding between the mother and the baby. • It contains all the nutrients the baby needs. • It is free, safe and readily available. • It helps to develop the baby's immune system. • It is environmentally friendly.
10	When is the placenta delivered?
	C - 5-20 minutes after the baby