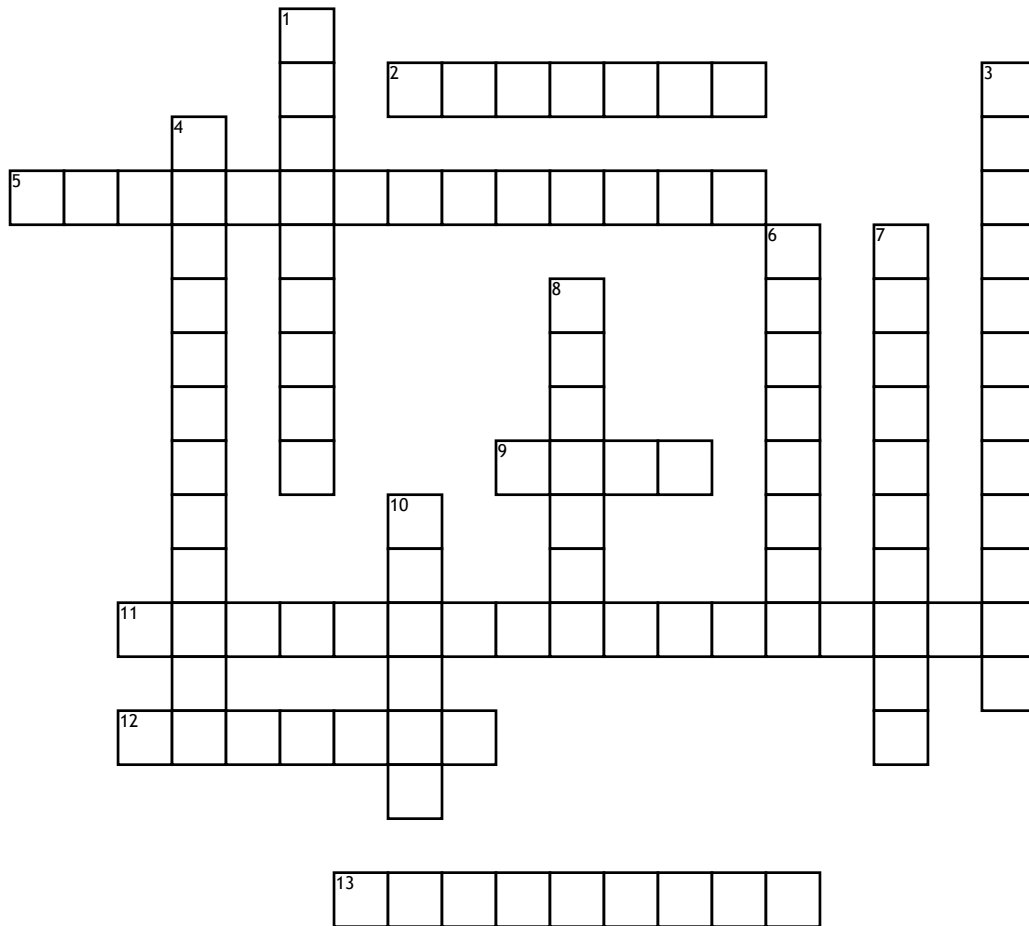


# Proper Prenatal Care & Nutrition



## Across

2. A daily prenatal \_\_\_\_\_ can fill gaps in key nutrients.  
 5. Babies of mothers who do not get prenatal care are three times more likely to have \_\_\_\_\_.  
 9. Tobacco smoke & alcohol use during pregnancy have been shown to increase the risk of \_\_\_\_\_.  
 11. Controlling existing conditions, such as \_\_\_\_\_ & diabetes, is important to prevent serious complications.

12. Mental health problems such as \_\_\_\_\_ & depression have been associated with poor pregnancy outcomes.  
 13. Dental bacteria can be transmitted from mother to child & has been identified as a cause of \_\_\_\_\_ birth.

## Down

1. Because \_\_\_\_\_ are passed from the mother to the fetus through the placenta, it is important for the mother to maintain a nutrient-rich diet.  
 3. Dietary \_\_\_\_\_ can compromise the development & normal functions of developing bodily systems.  
 4. A physician who treats pregnancy.

6. To maintain a healthy pregnancy, \_\_\_\_\_ should come from a balanced diet of protein, fruits, vegetables & whole grains.

7. A technique using sound frequencies that can detect structural characteristics of the fetus & the approximate week of pregnancy.

8. Raw & undercooked seafood, eggs & meat should be \_\_\_\_\_ during pregnancy.

10. A pregnant woman should incorporate foods containing folic acid & \_\_\_\_\_ into their diet.

## Word Bank

- |                     |                  |          |           |
|---------------------|------------------|----------|-----------|
| deficiencies        | low birth weight | vitamin  | avoided   |
| Ultrasound          | folate           | anxiety  | SIDS      |
| nutrients           | Obstetrician     | calories | premature |
| high blood pressure |                  |          |           |