

## Exercise 4.5 Factors Affecting The Development of Foetus and Baby

1. Mark ( / ) for the right statements about the function of nutrient for pregnant women.

|                                                                                            |  |
|--------------------------------------------------------------------------------------------|--|
| Protein helps the growth of new cells in the foetus.                                       |  |
| Pregnant women need sufficient iron for the formation of haemoglobin in red blood cells.   |  |
| Folic acid is need by pregnant women for the complete development of foetus nervous system |  |
| Sufficient fibre intake causes constipation in pregnant women.                             |  |
| Calcium and phosphorus needed for healthy bone formation of foetus.                        |  |

2. Drag and drop the correct answers for the following statements.

| LIFESTYLE | THE EFFECTS ON FOETUS IN WOMB                                 |  |
|-----------|---------------------------------------------------------------|--|
|           | Foetal defects may occur.                                     |  |
|           | Likely to be retarded and suffer from Foetal Alcohol Syndrome |  |
|           | Miscarriage and premature birth                               |  |

  

|         |                     |          |
|---------|---------------------|----------|
| Smoking | Alcohol consumption | Drug use |
|---------|---------------------|----------|

3. Choose the correct statements for mother's milk and formula milk.

| Mother's Milk                                                                                       |                                     | Formula Milk |
|-----------------------------------------------------------------------------------------------------|-------------------------------------|--------------|
| <b>Similarities :</b><br>Both milk is given to babies and can influence the development of the baby |                                     |              |
| <b>Differences</b>                                                                                  |                                     |              |
|                                                                                                     | Time                                |              |
|                                                                                                     | Nutrient content                    |              |
|                                                                                                     | Bonding between mother and her baby |              |
|                                                                                                     | Cost                                |              |
|                                                                                                     | Antibodies                          |              |