

QUIZ 3: HEALTH QUARTER 2

NAME: _____ **SECTION:** _____

Directions: Read the following activities and decide whether it is advisable for a

pregnant woman with maternal condition or not. Put check ✓ if it advisable and draw an ✗ if it is not.

- _____ 1. Eating foods from fast food chains
- _____ 2. Smoking cigarettes
- _____ 3. Drinking milk and food supplements
- _____ 4. Carrying a pail of water
- _____ 5. Going for walks/ jog
- _____ 6. Follow the schedule for prenatal check up
- _____ 7. Drinking alcoholic beverages
- _____ 8. Make dietary plan
- _____ 9. Eat Nutritious food
- _____ 10. Do some heavy exercises