

PREGNANT CARES

VOCABULARY.

I. LISTEN TO AND JOIN WITH PICTURES WITH THE CORRESPONDING ACTIVITIES

AVOID SMOKING	STAY AWAY FROM ALCOHOL	AVOID JUNK FOODS	EAT HEALTHY	WASH FOOD AND VEGETABLES
AVOID HOT BATH AND SAUNA	PRACTICE YOGA	LISTEN RELAXING MUSIC	EXPOSURE TO ANY SMOKE	AVOID DRINK COFFEE
REST	AVOID RAW FOODS	VISIT YOUR OB/GYN	AVOID RIGOROUS EXERCISES	CONNECT WITH YOUR BABY
PUTTING ON SUNSCREEN	AVOID ENERGY DRINKS	TAKE VITAMINS	DO PSYCHOPROPHYLAXIS	VIST YOUR DENTIST

