

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.

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| 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 |
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| | Foetal defects may occur. |
| | Likely to be retarded and suffer from Foetal Alcohol Syndrome |
| | Miscarriage and premature birth |

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| Smoking | Alcohol consumption | Drug use |
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3. Choose the correct statements for mother's milk and formula milk.

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