

A - Do you know you're pregnant?

Name: _____

Outcome: 2.9 recognize the signs of pregnancy and the importance of early prenatal care



Answer each question to the best of your ability. Use Google to start your search for Canadian-based information.

1. What is prenatal care?
 2. How much weight should you gain during a healthy pregnancy?
 3. What are prenatal vitamins? Give some examples and explain why some women take them.
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B - Do you know you're pregnant?

Name: _____

Outcome: 2.9 recognize the signs of pregnancy and the importance of early prenatal care



Answer each question to the best of your ability. Use Google to start your search for Canadian-based information.

1. How often should you see your doctor when you're pregnant?
 2. What are some of the benefits of gaining a healthy amount of weight?
 3. Can you take medication when you're pregnant? Are there any restrictions on different types?
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C - Do you know you're pregnant?

Name: _____

Outcome: 2.9 recognize the signs of pregnancy and the importance of early prenatal care



Answer each question to the best of your ability. Use Google to start your search for Canadian-based information.

1. What are some of the things you should not do when pregnant?
2. What should you eat when you're pregnant? Is there a different food guide for pregnant women?
3. What are some of the tests done in prenatal appointments? What are they looking for when they analyze these tests?