

Prenatal Nutrition Post-Test

- Which 2 statements are true of women who receive prenatal care:
 - They have a higher incidence of pre-term labor.
 - They have healthy babies.
 - They have fewer complications during labor and recovery.
 - They have more complications during labor and recovery.
- Which 2 statements are true about physical activity and pregnancy?
 - It's best to avoid physical activity.
 - Women should check with their doctors about amounts and types of physical activities appropriate for their pregnancy.
 - Pregnant women who haven't been on a regular exercise program can do moderate activities, like walking, swimming and prenatal aerobic classes for 30 minutes, most days of the week.
 - Pregnancy is a great time to begin new types of physical activities.
- What is the recommendation about dental care for pregnant women?
 - There is no connection with dental care and the baby's health.
 - Brush and floss and see the dentist regularly to avoid infections.
 - Women can expect to lose one tooth during each pregnancy.
- True or False? There is no safe level of alcohol for a pregnant woman, so the recommendation is to avoid all alcohol during pregnancy.
 - True
 - False
- True or False? Herbal supplements and natural home remedies sold without prescriptions can be used during pregnancy, even without checking with one's doctor first.
 - True
 - False
- True or False? The weight gain of pregnancy should be as little as possible, so the baby will be small and easier to deliver.
 - True
 - False
- A pregnant woman mentions that there are several cats in her home. Which of the following could be a potential problem related to caring for the cats?
 - Mercury poisoning
 - Toxoplasmosis
 - Lead poisoning
 - Listeriosis
- A pregnant woman enjoys the imported, brightly colored ceramic dishes in her old home. To avoid _____, she should know more about what causes the condition, including exposure to some ceramics and old paint.
 - Mercury poisoning
 - Toxoplasmosis
 - Lead poisoning
 - Listeriosis

9. Uncooked meats, such as hot dogs, and unpasteurized soft cheeses can result in _____, a type of foodborne illness which is easily passed to unborn babies.
- Tuberculosis
 - Toxemia
 - Gestational diabetes
 - Listeriosis
10. Which of the following conditions is a possibility if a pregnant mom eats more than 12 ounces per week of certain types of fish?
- Mercury poisoning
 - Toxoplasmosis
 - Marine intoxication
 - Listeriosis
11. True or False? Mothers whose pre-pregnancy weight is in the obese category should gain more weight during their pregnancy than mothers whose pre-pregnancy weight is in the underweight category.
- True
 - False
12. True or False? A pregnant woman can expect to gain from 1 to 4 ½ pounds in the first trimester and about 1 pound/week during the last two trimesters.
- True
 - False
13. Which of the following is NOT true about weight gained in pregnancy?
- It is for supporting tissues like the uterus and placenta.
 - It includes amniotic fluid and extra blood.
 - More breast tissue grows to support milk production after birth.
 - The heart, lungs, kidneys, liver and brain all get bigger during pregnancy.
 - It is the growing baby.
14. Calorie needs for most healthy women in the second and third trimesters of pregnancy increase by about:
- 150 - 250 calories/day.
 - 250 – 350 calories/day.
 - 350 – 450 calories/day.
 - 450 – 550 calories/day.
15. Which of the following are added to prenatal supplements, because more is needed during pregnancy?
- Calcium and iron
 - Calcium and folic acid
 - Folic Acid and vitamin C
 - Folic Acid and iron
16. Which of the following would meet the additional daily nutrition needs of a pregnant woman during the last two trimesters?
- An additional serving of fruit, vegetables, a cup of 1% milk, a whole grain, and ½ cup of beans.
 - An egg, two hamburgers, and a chicken breast for the extra protein.
 - Soda, sweetened tea, milk and fruit juice for the fluids and energy.
 - 1 cup regular milk, 1 cup cheddar cheese, ¼ cup sour cream, 1 cup yogurt to help make milk for breastfeeding after birth
17. True or False? Vegetarian diets can be safe and nutritionally adequate for pregnant women.
- True
 - False

18. Which of the following are NOT conditions commonly associated with pregnancy?
- Nausea and vomiting
 - Constipation
 - Eye, ear and throat infections
 - Heartburn
 - Swollen legs
19. A baby is at greater risk of prematurity and low birth weight if:
- The mother experienced food cravings during pregnancy.
 - The baby is the first baby.
 - The mother is a teenager.
 - The mother continues her physical activity throughout the pregnancy.
20. A pregnant woman who craves and eats non-foods, such as dirt, ashes, large quantities of ice, paint chips or baking soda is experiencing _____, a condition of unknown cause which can contribute to poor absorption of nutrients and other health problems.
- Anorexia
 - Bulimia
 - Pica
 - Pellagra
 - Pepsin
21. For whom is adequate nutrition especially important?
- A healthy 25 year old mother with her first baby.
 - A mother expecting her second child, who will be 3 years younger than the first child.
 - A healthy 35 year old mother expecting her first child.
 - A woman expecting a second child within 16 months of her first child's birth, who is still breastfeeding the first child.
22. True or False? A woman who is depressed during her pregnancy should be referred to a specialist.
- True
 - False
23. Which 3 of the following statements would be appropriate suggestions of what to say are when you suspect a WIC participant is being abused:
- "I'm sorry you've been hurt."
 - "No one deserves to be treated that way."
 - "Why don't you just leave?"
 - "This is not your fault."
 - "You should know better."
24. True or False? High blood pressure is related to preeclampsia, a condition that requires medical attention.
- True
 - False
25. Which 3 statements are true about gestational diabetes?
- It develops before the pregnancy.
 - It is characterized by high blood sugar levels, which affect the baby.
 - It usually goes away after the pregnancy.
 - It has no effect on the baby, only the mother.
 - Women with gestational diabetes are at higher risk of type 2 diabetes after the baby is born.