

## Chapter 15

**This chapter will be HIGHLY truncated.**

**The following sections are the only ones that WILL BE on Exam II:**

- pp. 510-513, “Critical Periods”
- pp. 516-517, “Exercise During Pregnancy”
- pp. 517-521, “Nutrition During Pregnancy”
- pg. 524, “Malnutrition and Pregnancy”
- pp. 527-530, “Practices Incompatible with Pregnancy”
- pp. 539-541, Highlight 19: “Fetal Alcohol Syndrome”

### **Reading Guide**

1. To what does the term “critical period” refer as it relates to human development?
2. What are the two more common types of neural tube defects; and what are some factors that make them more likely to occur?
3. Why is folate particularly important for pregnant women and women who may become pregnant?
4. Explain how some chronic diseases of offspring may turn out to be linked to the mother’s malnutrition during pregnancy.
5. What are some benefits of exercising during pregnancy? Are there any exercise cautions a pregnant woman should be aware of?
6. Discuss the importance of energy, protein, essential fatty acids, vitamins and minerals that support blood production and cell division, and vitamins and minerals that support bone development. Be sure to list the relevant vitamins and minerals.
7. Discuss concerns about malnutrition in women who are, or may become, pregnant.
8. List and discuss each of the categories of foods/drugs/supplements/practices that pregnant women should avoid or consult with their doctor before

- ingesting. PS, FYI if you check out pp 533-534, you will see that these hold true during lactation as well.
9. Why is it advised that women avoid all alcohol during pregnancy, even though "...an occasional drink may be innocuous?"
  10. Is there any safe time to drink excessively during pregnancy?
  11. What role does the father's alcohol-intake play in fetal development?
  12. What are some physical and behavioral symptoms of Fetal Alcohol Syndrome?

That's it!!