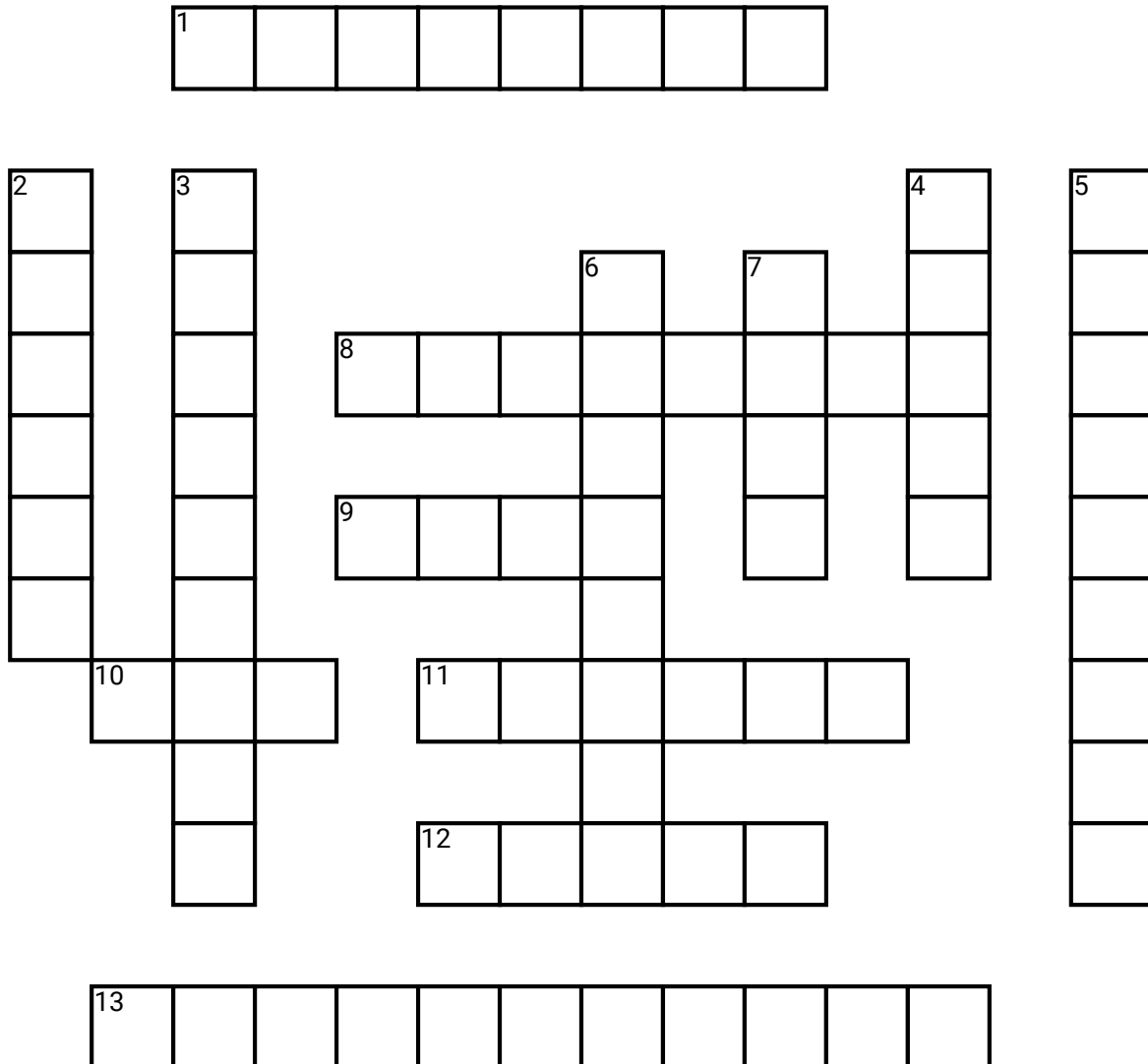


Having a Healthy Pregnancy



Across

1. What could you do to help reduce your stress?

8. What should you do, in moderation, when your pregnant?

9. This helps build healthy blood for you and your baby

10. You shouldn't be eating this type of food

11. Make sure you gain a normal amount of what?

12. After finding out your pregnant who do you make an appointment with?

13. Check with your doctor if your taking any what?

Down

2. What is one essential fatty acid that will help grow your baby's brain?

3. You should try your best to stay away from what?

4. You need plenty of this while your pregnant

5. What is a prenatal vitamin that you have to take when your pregnant?

6. Absolutely no what while your pregnant?

7. Drink this to get calcium and vitamin D to build strong bones and teeth