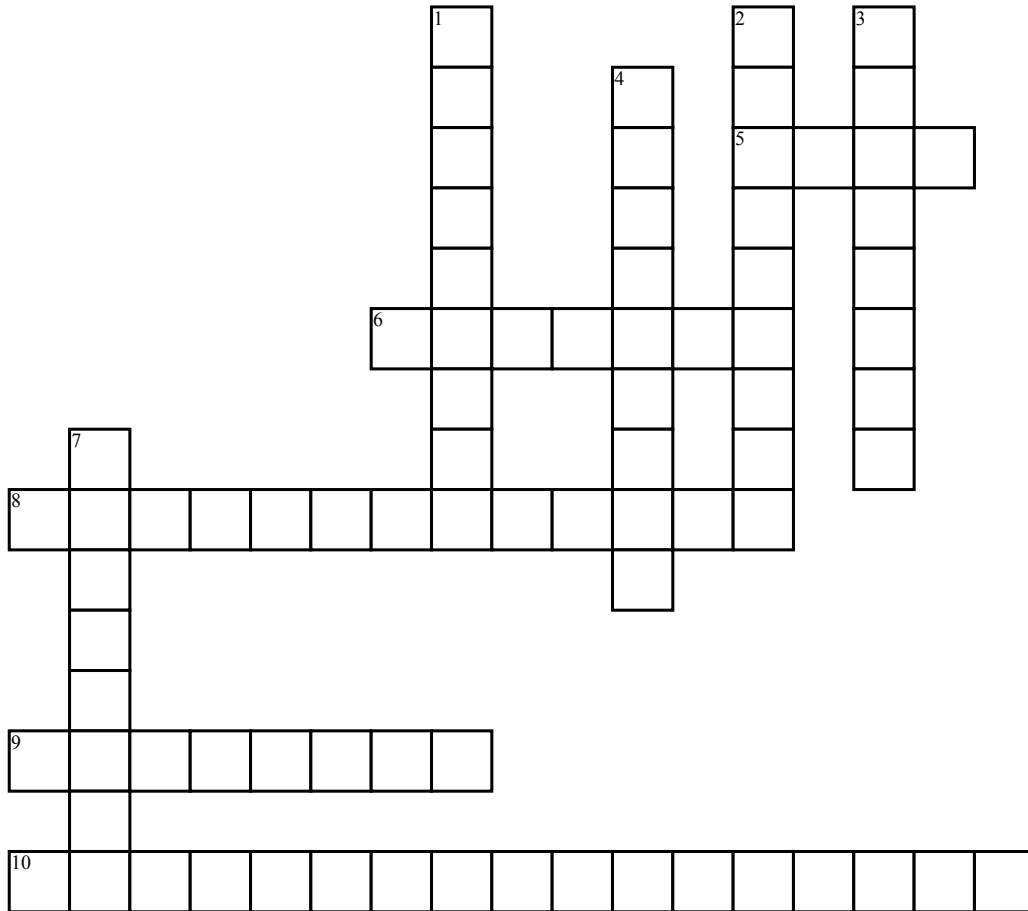


Name: _____

Nutrition During Pregnancy



Across

5. Consuming _____ creates blood supply for fetus.
6. _____ builds strong bones and teeth.
8. Provide energy
9. Proper bone tissue development.
10. Have more _____, instead of hamburgers and fries.

Down

1. _____ assists in the making of blood and contributes to the development of baby's nervous system.
2. Important for nerve cells and red blood cells.
3. Taking _____ is important for growing fetus.
4. Focus on eating foods with _____.
7. Do not drink a lot of _____, preferably none.

Word Bank

Vegetables & Fruits	carbohydrates	nutrients	Vitamin D
calcium	B Vitamins	folic acid	proteins
iron	caffeine		