

Nutrition Study Guide  
Chapter Eleven  
Nutrition During Prgnancy and Infancy

- 1 Where does fertilization occur? What is the first cell called? What is a blastocyte? Gestation period in weeks?
- 2 When do you start to call the conceptus a fetus?
- 3 When does the placenta start to provide nutrients for the conceptus?
- 4 What is average normal birth weight? Large birth weight? Low birth weight?
- 5 What is a normal weight gain for the mother during her pregnancy?
- 6 What type of conditons often occur during pregnancy?
- 7 What is gestational hypertension? Pre-eclampsia? Eclampsia?
- 8 What is gestational diabetes?
- 9 How many extra Calories should a pregnant women consume during the 1st, 2nd, and 3rd trimester?
- 10 What is pica?
- 11 What should be avoided during a pregnancy?
- 12 What is lactation? What is the neuro-endocrine reflex?
- 13 What is the best indicator for proper infant nutrition?
- 14 What are the benefits of breast feeding?
- 15 Why don't you want to feed raw honey to newborns?