

Safety Precautions During Pregnancy

Research the effects of environmental factors on the expectant mother and fetus. Complete the chart with the appropriate information.

Food and Beverages	Effects on expectant mother	Effects on fetus	Is it safe? Yes or no	Why or why not?
Alcohol				
Artificial sweetener				
Caffeine				
Chemicals and Drugs				
Cleaning products				
Illegal drugs				
Medications				

Name _____ Period _____ Date _____

Activities				
Amusement parks				
Hot tubs				
Smoking				
Tanning methods				
Household Items				
Paint exposure				
Perfume				

Name _____ Period _____ Date _____

Personal Grooming				
Body piercing				
Hair treatments				
Tattoos				
Medical Procedures				
CAT scan				
Dental work				
X-rays				