✄Create sets of the following ‘pregnancy’ cards.

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| **Plenty of sleep** | **Smoke cigarettes** |
| **Visit the dentist** | **Regularly drink**  **wine or beer** |
| **Eat lots of fresh**  **fruit and vegetables** | **Consider taking a vitamin supplement**  **(e.g. folate)** |
| **Avoid foods that are not properly cooked or prepared** | **Visit your doctor** |
| **Work long hours** | **Avoid lifting heavy objects** |
| **Eat a lot more food than you usually would** | **Drink lots of water** |